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| **May**…THE STRENGTH BE WITH YOU! |
| **2020** |
| COACH SIMPSON’S FITNESS CALENDAR |

|  |  |
| --- | --- |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | **STAR WARS** | **MCKEEL** | **ACADEMY** | **CENTRAL** | **MASSUNG** | **GEORGIA** |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| **BULLDOGS** | **CAFETERIA** | **BACKES** | **GYMNASIUM** | **SEEBER** | **PLAYGROUND** | **VOLLEYBALL** |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| **FOOTBALL** | **BEACH BALL** | **SWIMMING POOL** | **SUNSHINE** | **SAND CASTLE** | **SUMMER!!!** |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  |  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

***A – 10 Push Ups B – 10 Jumping Jacks C – 20 Second Wall Sit D – Run In Place for 30 Seconds E – 10 Squats***

***F – 10 Walking Lunges G – 20 Crunches H – 10 Jumping Squats I – High Knees for 30 Seconds J – 10 Burpees***

***K – 10 Push Ups L – 10 Jumping Jacks M – 20 Second Wall Sit N – Run In Place for 30 Seconds O – 10 Squats***

***P – 10 Walking Lunges Q – 20 Crunches R – 10 Jumping Squats S – High Knees for 30 Seconds T – 10 Burpees***

***U – 10 Push Ups V – 10 Jumping Jacks W – 20 Second Wall Sit X – Run In Place for 30 Seconds Y – 10 Squats***

***Z – 10 Walking Lunges***