

## Spring into Fitness!

Directions: Spell the word on each day of the calendar using the alphabet exercises below. Have Fun

- A - 10 jumping jacks
- B - 10 sit-ups
- C - 8 pushups
- D - 15 mountain climbers
- E - 10 trunk twist
- F - 15 sec wall sit
- G - 10 Squats
- H - 10 elbow to knee
- I - 10 scissor jumps
- J - 10 burpees
- K - 10 arm circles
- L - 10 walking lounges
- M - 15 sec plank
- N - 25 sit-ups

- O - 30 sec jog in place
- P - 10 squat jumps
- Q - 10 squats
- R - 10 jumping jacks
- S - 15 elbow to knee
- T - 8 pushups
- U - 15 high knees
- V - 10 sec six inches
- W - 15 sec plank
- X - 10 trunk twist
- Y - 15 mountain climbers
- Z - 30 sec wall sit

### VUE Spring into Fitness MARCH/APRIL 2020 School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17 flowers	18 grass	19 Spring	20 mowing	21 bouquet
22 butterfly	23 kites	24 picnic	25 ants	26 movie	27 rainbow	28 fish
29 March	30 baseball	31 lamb	1 April	2 blossom	3 Cross	4 sunshine
5 Easter	6 Bunny	7 season	8 tadpole	9 windy	10 blooms	11 treetop
12 tulip	13 garden	14 seeds	15 bicycle	16 softball	17 swing	18 bee
19 sun	20 caterpillar	21 dragonfly	22 school	23 books	24 dance	25 behavior
26 testing	27 summer	28 beach	29 vacation	30 MayDay	1	2