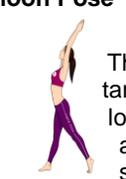


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Walk and Jack Go for a 10 minute walk, after each minute complete 10 jumping jacks and continue walking.</p>	<p>2</p> <p>Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>	<p>3</p> <p>Do this: 10 jumping jacks 10 leaps 10 frog jumps 10 vertical jumps (as high as you can) Repeat 3 times</p>	<p>4</p> <p>Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>5</p> <p>High Skips Do five sets of 10 high skips. Really lift those arms and knees!</p>	<p>6</p> <p>Cardio and Stretch High knees 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose when done.</p>	<p>7</p> <p>Revolved Triangle Pose Hold 30-60 seconds on each side to target hamstrings & shoulders.</p> 
<p>8</p> <p>10-10-10 Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.</p>	<p>9</p> <p>Rise and Squat When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>	<p>10</p> <p>Leg Day 10 forward lunges (each leg) 10 squats 10 calf raises 1 minute wall sit Revolved Triangle Pose for 60s each side</p>	<p>11</p> <p>10 Sidekicks Do as many sets throughout the day as you can. Remember if you do one leg you have to do the other!</p>	<p>12</p> <p>Triceps Dips on the 10's Challenge On the 10th of the hour stop what you're doing and do triceps dips using your chair.</p>	<p>13</p> <p>Interval Run/Walk Start with a brisk warm-up walk then alternate running and walking 1-minute each for 10 minutes.</p>	<p>14</p> <p>Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 
<p>15</p> <p>10 Jump Squat Jump Shots Do a jump squat and pretend you're shooting a basketball at the top of your jump.</p>	<p>16</p> <p>Butt Kicks Do 10 seconds of butt kicks in place as fast as you can. Rest for 10 seconds and repeat.</p>	<p>17</p> <p>Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	<p>18</p> <p>Side Seated Angle Pose  Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>19</p> <p>Stairs Jog up and down a flight of stairs. Try to skip a step for an extra challenge.</p>	<p>20</p> <p>Just Dance Put on your favorite playlist and just dance for 10 minutes.</p>	<p>21</p> <p>Do this: 10 jumping jacks 10 leaps 10 frog jumps 10 vertical jumps (as high as you can) Repeat 3 times</p>
<p>22</p> <p>Power Walk Go for a 10 power walk today. Be sure to go faster than your normal walking pace. After stretch your arms and legs.</p>	<p>23</p> <p>Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose after.</p>	<p>24</p> <p>Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>25</p> <p>Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>26</p> <p>Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>27</p> <p>10 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left.</p>	<p>28</p> <p>Rise and Squat When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>
<p>29</p> <p>Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>	<p>30</p> <p>Side Seated Angle Pose  Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>31</p> <p>Box Run Sprint forward 10 steps Side shuffle left 10 steps Back-pedal 10 steps Side shuffle right 10 steps Sprint forward 10 steps</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> • Health Literacy Month • National Dental Hygiene Month • National Bullying Prevention Month • Red Ribbon Week Oct. 23-31 		<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.</p>	