

On the Physical Fitness Trail

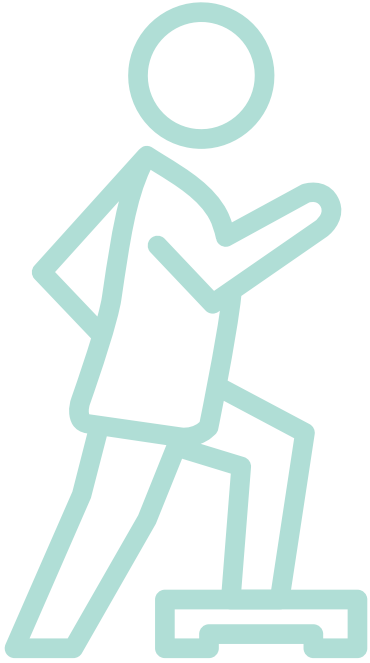


Name:

Date:

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

2 minutes



Take the stairs
or march in place



20

Jumping Jacks



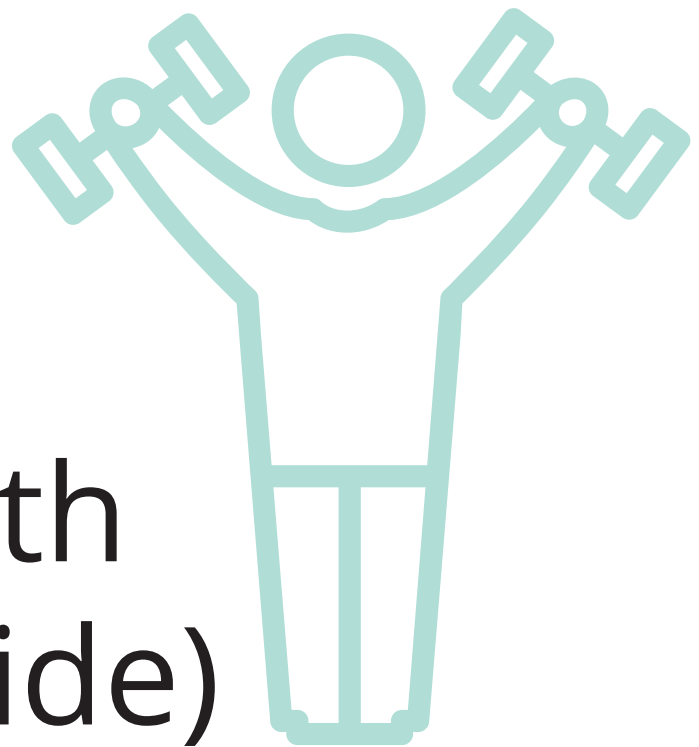
20

Arm Circles
(per side)



10

Bicep Curl with
Cans (per side)



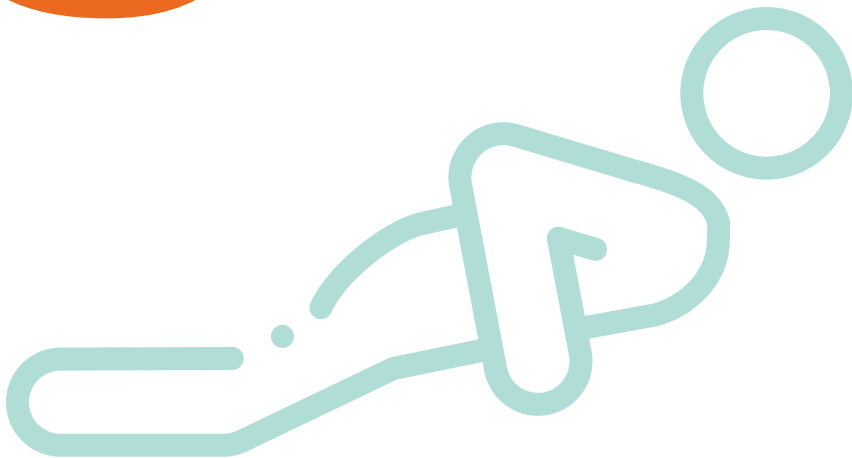
10

Squats



5

Push-ups *or*
Modified Push-ups



10

Lunges
(per side)

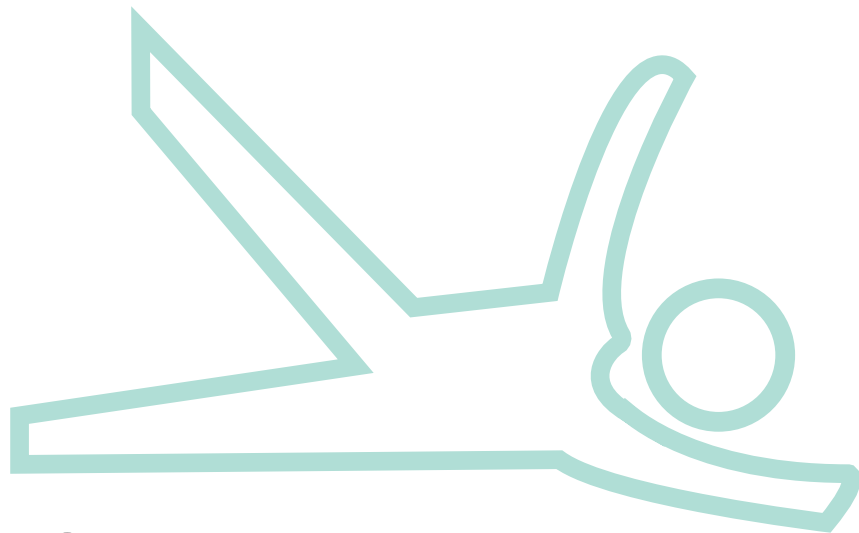


20

Sit-ups



10



Side Leg Lifts
(per side)



10



Leg Lifts,
Both Legs Together

