




# October 2009

## Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>For exercise demos go to: <a href="http://www.shapefit.com/training.html">http://www.shapefit.com/training.html</a></i></p>	<p><b>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit <a href="http://www.naspeinfo.org/observePE">www.naspeinfo.org/observePE</a> for an observation assessment tool.</b></p>			<p>1 3 sets/20 reps reverse crunches; go skating or skateboarding w/a friend.</p>	<p>2 3 sets/10 reps overhead presses; 3 sets 10 reps squats.</p>	<p>3 15 min cardio intervals: jump rope, power-walk, jog, march.</p>
<p>4 Family hike today-try a new trail and take your pet.</p>	<p>5 3 sets/8-12 reps flies; 3 sets/8-12 reps lying dumbbell extensions.</p>	<p>6 3 sets/8-12 reps inverted exercise ball leg pull ins. Find time for some tennis today w/a friend.</p>	<p>7 3 sets/8-12 reps alternating hammer curls; 3 sets/8-12 reps pull-ups.</p>	<p>8 3 sets/8-12 reps medicine ball leg raises; jog/power walk for 1 hr.</p>	<p>9 3 sets/12 reps side raises w/wt; 3 sets/8-12 reps walking lunges w/wt.</p>	<p>10 Cardio intervals: 15 min power walk, 15 min jog, 15 min running up and down stairs, 15 min power walk.</p>
<p>11 Try an urban hike around your city to some location you've never walked to-1 hr of exploring.</p>	<p>12 3 sets/8-12 reps pullovers; 3 sets/8-12 reps lying tricep presses.</p>	<p>13 3 sets/8-12 reps of the hover, 30 sec holds. Finish with your favorite cardio activity for at least 30 min.</p>	<p>14 3 sets/8-12 reps hyperextensions; 3 sets/8-12 reps lying dumbbell curls.</p>	<p>15 3 sets/8-12 reps bent-knee ab hip raises; go for a 1 hr bike ride w/a friend.</p>	<p>16 3 sets/8-12 reps stability ball hamstring curls; 3 sets/8-12 reps front deltoid raise.</p>	<p>17 Cardio intervals: 30 min bike ride, 30 min power walk.</p>
<p>18 Environmental fitness today-find ways to run, climb, push and pull using stairs, benches, and railings for 1 hr.</p>	<p>19 3 sets/8-12 reps narrow width push-ups; 3 sets/8-12 reps dumbbell kickbacks.</p>	<p>20 Hang on a pull up bar and bring knees to chest, 3 sets/8-12 reps. Shoot some hoops w/a friend.</p>	<p>21 3 sets/8-12 reps lying back presses; 3 sets/8-12 reps standing bicep curls.</p>	<p>22 3 sets/8-12 reps standing oblique twists; go swim for 1 hr.</p>	<p>23 3 sets/8-12 reps lunges w/oblique twist/wt in hands; 3 sets/8-12 reps upright rows.</p>	<p>24 Try step today for 30 min followed by a 30 min jog walk interval. No step? Regular stairs work fine.</p>
<p>25 Great day for yard cleanup fitness-rake leaves, clean brush, and put away the outdoor furniture.</p>	<p>26 3 sets/8-12 reps dips; 3 sets/8-12 reps pec butterflies w/wt.</p>	<p>27 Fit in two brief interval workouts today to get cardio pumping-your choice, your favorite activities.</p>	<p>28 3 sets/8-12 reps dead lifts; 3 sets/8-12 reps chin ups.</p>	<p>29 3 sets/8-12 reps abdominal flutter kicks; work out to your favorite exercise video for 1 hr.</p>	<p>30 3 sets/8-12 reps military press; 3 sets/8-12 reps glute kickbacks.</p>	<p>31 Cardio calisthenics: jacks, stride jumps, burpees, jump rope, squat thrusts: 30 min of mixing it up.</p>