


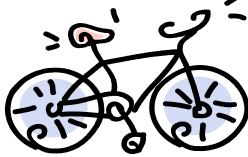





# August 2010

## Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Gather up your family and friends for some street hockey today!	2 3 sets/12 reps decline fly; 3 sets/10 reps rope pushdowns.	3 3 sets/10 reps barbell rollouts. Go to batting cages with a friend. 	4 3 sets/10 reps high inverted row; 3 sets/8 reps rope cable curl.	5 Power walk 10 min. Alternate running 1 minute, walking 1 minute for 12 minutes. Repeat twice. Side plank 3 sets/10 reps, 20 sec hold.	6 3 sets/10 reps cable hip adduction L & R; 3 sets/10 reps military press.	7 Pool jogging 10 min. 3 sets/15 reps lunges in pool.
8 Join a friend for a nice long walk on the beach or by a lake. No water? Find a public park or other peaceful setting.	9 3 sets/10 reps chest dip; 3 sets/12 reps dumbbell extensions.	10 Power walk 10 min. Alternate running 2 min, walking 1 min for 12 minutes. Do this sequence twice. 3 sets/10 reps lunge with rotation.	11 3 sets/12 reps reverse grip lat pull down; 3 sets/10 reps incline dumbbell curl. 	12 3 sets/20 reps dumbbell side bends. Toss around a football with a friend.	13 3 sets/10 reps cable standing leg extension. 3 sets/12 reps seated high barbell front raise.	14 Brisk walk 3 min, jog 5 min-easy speed for 1 min, 1 min rest (5x), sprint (1 block, 1 block recovery, 5x). Short sprints (20 sec, 1 min rest; 4x). 5 min jog, brisk walk 3 min.
15 Take a family swimming trip! Try your neighborhood pool or out on a lake/ocean!	16 3 sets/12 reps pec deck; 3 sets/10 reps tricep band kickbacks. 	17 3 sets/25 reps lying heel touches. Go to a bowling alley for a few games, or create your own using plastic water bottles filled w/sand or water.	18 3 sets to tolerance, underhand chin-ups; 3 sets/15 reps bicep curls.	19 Walk 10 min. Alternate running 2 min, walking 1 min for 15 min. 3 sets/10 reps mountain climbers on physio ball, bench, or ottoman	20 3 sets/12 reps lever standing leg curl; 3 sets/10 reps standing alternating front/back barbell press.	21 5 minute brisk walk/slow jog. 3 minute jog/run followed by a 30 sec sprint. Repeat the jog/run and sprint 6 times. 5 minute brisk walk cool down.
22 Hula hoop contest with the family! Winner gets to pick the healthy snack afterwards!	23 3 sets/10 reps incline bench press; 3 sets/10 reps reverse grip skull crushers.	24 3 sets/10 reps long jumps; 3 sets/10 reps twisting side plank.	25 3 sets/10 reps seated row; 3 sets/12 reps squatting cable curl.	26 3 sets/20 reps weighted crunch. Play some ping-pong. First to 25 by 2 wins!	27 3 sets/10 reps cable hip abduction; 3 sets/12 reps machine lateral raise.	28 Walk 6 min. Next 12 min, alternate between running 2 min and walking 2 min. Repeat sequence. Walk 2 min to cool down and stretch!
29 Take a bicycle trip around the neighborhoods. 	30 3 sets/12 reps standing cable crossovers; 3 sets/10 reps exercise ball dips.	31 3 sets/25 reps twisting lying cable crunch. Play some racquetball with a friend, or another pickup game of your choice.		Hershey's Track & Field Games, North American Final Meet, August 7, 2010. All expenses paid trip to Hershey PA for four days. State winners were eligible to qualify for their regional team. Check North American Final results after August 7, 2010 at <a href="http://www.hersheystrackandfield.com">www.hersheystrackandfield.com</a> .		