











July 2010

Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go to http://www.muscleansstrength.com/exercises/main.htm for a list of exercises and videos. Use dumbbells or barbells- whichever you have access to.</p>		<p>If you hosted a meet as part of your school fun day or field day, go to www.hersheystrackandfield.com to check where the district meet (if applicable) and state meet are being held. You can also find your state chair information on the website if you have questions regarding the next step.</p>		<p>1 10 min brisk walk followed by 1 min lunges. Repeat. 5 times!</p>	<p>2 3 sets/15 reps half squats; 3 sets/10 reps barbell or dumbbell front raise.</p>	<p>3 Favorite cardio for 20 min. Find time for at least three segments of cardio today.</p>
<p>4 Pack a healthy picnic lunch or dinner and take a brisk walk to the nearest park or school to watch the fireworks tonight!</p>	<p>5 3 sets/8 reps clap pushups; 3 sets/15 rep bench dips.</p>	<p>6 Repeat 4 times-5 minutes jogging, Pilates 100, 20 pushup jumps.</p>	<p>7 3 sets/10 reps barbell pullover and press; 3 sets/10 reps cable drag curl.</p> 	<p>8 3 sets/30 sec hold plank press. Play tennis with a friend.</p> 	<p>9 3 sets/15 reps plie' squat; 3 sets/12 reps seated barbell press.</p>	<p>10 Repeat this 3 times-5 minutes running, 30 second sprint either on the treadmill or outside. Do entire sequence 3 times today.</p>
<p>11  Round up some family members and play some beach volleyball or water volleyball!</p>	<p>12 3 sets/10 reps dumbbell bench press hands facing in; 3 sets/10 reps dumbbell kickbacks.</p> 	<p>13 3 sets/25 ball exchange (shown below). Toss a Frisbee® around with a friend.</p> 	<p>14 3 sets/12 reps reverse grip bent over row; 3 sets/12 alternating standing hammer curls.</p> 	<p>15 1 minute froggy jumps, 1 minute scissor kicks, 1 minute mountain climbers. Repeat before and after each meal.</p>	<p>16 3 sets/10 reps barbell split jump; 3 sets/10 reps one arm cable front raise.</p> 	<p>17 Try a yoga class today for free! Find a class at http://www.yogaclassesearch.com/gymlanding/1/?v=236331147&u=08989098F6B998A00210818080F80718D210&qclid=CIXnzfW5mKACFd1L5Qod0GpRgg.</p>
<p>18 Practice your batting and pitching skills today with friends or family.</p>	<p>19 3 sets/10 reps depth pushups; 3 sets/8 reps cable side triceps extension.</p>	<p>20 3 sets/50 yards butt kick jogging; 3 set/8 reps tuck jumps; 15 candlestick jumps.</p>	<p>21 3 sets/10 reps seated good mornings; 3 sets/10 reps twisting standing dumbbell curl.</p>	<p>22 3 sets/12 reps circling plank on physio ball. Jump rope 500 times!</p>	<p>23 3 sets/15 reps 45 ° leg press; 3 sets/12 upright row.</p>	<p>24 Try backwards jogging with a friend today! Alternate who jogs backwards so someone can always see what's going on in front.</p>
<p>25 Visit a driving range or miniature golf course and work on your swing or putting!</p>	<p>26 3 sets/10 reps dumbbell pullover; 3 sets/12 reps close grip bench press.</p>	<p>27 3 sets/25 reps Russian twists with med ball. Try some inline skating with a friend. No skates? Pick your favorite active game.</p>	<p>28 3 sets/to tolerance V-bar pull-ups; 3 sets/10 reps two arm cable curl on incline bench.</p>	<p>29 3 sets/10 reps burpees; 3 sets/10 reps captain's chair leg lifts.</p>	<p>30 3 sets/25 reps calf raises on the edge of a step; 3 sets/12 reps clean press.</p>	<p>31 Find an area with hills or stairs and alternate running on a flat surface with an incline change.</p>