

Active Advent

Bellmore
December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 Minute Plank (from knees or toes) <input type="checkbox"/>	2 2 Laps around Bellmore School <input type="checkbox"/>	3 3 laps (up and down) the Staircase <input type="checkbox"/>	4 4 x 4 Pushups (from knees or toes) <input type="checkbox"/>	5 5 x 5 Squats (*Bonus: Add a Jump) <input type="checkbox"/>
6 60 Minute Outdoor Walk <input type="checkbox"/>	7 7 x 7 Mountain Climbers (Left/Right = 1) <input type="checkbox"/>	8 8 x 8 Jumping Jacks <input type="checkbox"/>	9 9 Full or Modified Burpees <input type="checkbox"/>	10 10 sets of 10 Calf Raises <input type="checkbox"/>	11 11 Tricep Dips (Using Chair or Desk) *Straight Legs = Harder <input type="checkbox"/>	12 12 Frog Jumps (from knees or toes) * <input type="checkbox"/>
13 13 Star Jumps * <input type="checkbox"/>	14 14 High Knees (Left/Right = 1) * <input type="checkbox"/>	15 1 Minute 15 Second Wall Sit <input type="checkbox"/>	16 16 Hip Extensions/Bridge *Bonus: Add Weight * <input type="checkbox"/>	17 17 Full Sit-Ups <input type="checkbox"/>	18 18 Squat Kicks (Squat Kick Left, Squat Kick Right) * <input type="checkbox"/>	19 19 Full Leg Extensions * <input type="checkbox"/>
20 20 Minute of Cardio YOUR CHOICE <input type="checkbox"/>	21 21 Second Flurry (How fast can you go?) * <input type="checkbox"/>	22 22 Squat Jacks (Stop at 90 Degrees) * <input type="checkbox"/>	23 23 Bicycle Crunches (Left/Right=1) * <input type="checkbox"/>	24 24 Lunges (Left/Right=1) <input type="checkbox"/>	25 Merry Christmas Everyone! Eat and drink all the calories you burnt off !!!	26
27	28	29	30	31		