
































# SPRING FITNESS!

## MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 	3 
4 	5 	6 	7 	8 	9 	10 
11 	12 	13 	14 	15 	16 	17 
18 	19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 	31 

### DIRECTIONS:

#1. Find the day on the calendar #2. Match the picture to the exercises

= 10 burpees and 30 second plank

= 10 frog jumps and 20 jumping jacks

= 15 second balance on both legs and 10 sit ups