

FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 st 10 star jumps 10 press ups 10 sit ups 10 squats 10 second plank	2 nd Throw and catch a ball or a pair of socks as many times as possible in 1 minute. Can you do it one handed?	3 rd Have a go at Yoga. https://www.youtube.com/watch?v=v7AYKMP6rOE	4 th How long can you do a plank for? Try it at least 3 times today	5 th 10 star jumps 10 press ups 10 sit ups 10 squats 10 second plank	6 th Step challenge Target: 8000 steps today!	7 th Mindfulness moment https://www.youtube.com/watch?v=U9YKY7fdwyg
8 th 20 star jumps 20 press ups 20 sit ups 20 squats 20 second plank	9 th Pilates for posture https://www.youtube.com/watch?v=UiqJTuybVUk	10 th Complete the Cha Cha slide challenge https://www.youtube.com/watch?v=x_YFkVSp34s	11 th How many tricep dips can you do in 1 minute?	12 th 20 star jumps 20 press ups 20 sit ups 20 squats 20 second plank	13 th Step challenge Target: 9000 steps today!	14 th Mindfulness moment https://www.youtube.com/watch?v=HRuqe26F8SU
15 th 30 star jumps 30 press ups 30 sit ups 30 squats 30 second plank	16 th How many keep ups can you do? Use a ball, a pair of socks or a toilet roll.	17 th Try a Zumba workout https://www.youtube.com/watch?v=QRZcZgSgSHI	18 th How many squats can you do in 1 minute? Try it at least 3 times today	19 th 30 star jumps 30 press ups 30 sit ups 30 squats 30 second plank	20 th Step challenge Target: 10,000 steps today!	21 st Mindfulness moment https://www.youtube.com/watch?v=inpok4MKVLM
22 nd 40 star jumps 40 press ups 40 sit ups 40 squats 40 second plank	23 rd Pilates https://www.youtube.com/watch?v=oQYBFhPbslw	24 th Up and down challenge https://www.youtube.com/watch?v=MAWmjqi_maU	25 th How many press ups can you do in 1 minute?	26 th 40 star jumps 40 press ups 40 sit ups 40 squats 40 second plank	27 th Step challenge Target: 11,000 steps today!	28 th Mindfulness moment https://www.youtube.com/watch?v=ENY Yb5vIMkU