

ON THE PHYSICAL FITNESS TRAIL

NAME:

DATE:



MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

2 MINUTES

Take the stairs or
march in place



20

Jumping jacks



20

Arm circles
(per side)



10

Bicep curl
with cans
(per side)



10

Squats



5

Push-ups or modified push-ups



10

Lunges
(per side)



20

Sit-ups



10

Side leg lifts
(per side)



10

Leg lifts,
both legs together

