





September 2009

Ten~At~A~Time Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>The American Council on Exercise exercise library can be found at http://www.acefitness.org/exerciselibrary/default.aspx.</p>	<p>1 10 min cardio- go to www.turnstep.com and click on the Beginner Boot Camp routine.</p>	<p>2 Hammer curls.</p>	<p>3 Stability ball sit-ups.</p>	<p>4 Combo move- sidestep squat w/upright row.</p>	<p>5 10 min cardio- jogging.</p>
<p>6 Chest press.</p>	<p>7 Lying tricep extensions.</p>	<p>8 Bench crunch.</p>	<p>9 Combo move- stork stand w/forearm curl w/wt (palm down).</p>	<p>10 Broomstick twist.</p>	<p>11 Walking lunges.</p>	<p>12 Back extensions.</p>
<p>13 Flyes.</p>	<p>14 Tricep kickback.</p>	<p>15 Reverse crunch.</p>	<p>16 Dumbbell pullover..</p>	<p>17 Seated medicine ball trunk rotations.</p>	<p>18 Reverse lunge w/lateral raise, holding dumbbells.</p>	<p>19 One-leg standing calf raises.</p>
<p>20 10 min. cardio- jump roping.</p>	<p>21 Push-ups; 3 sets/15 reps</p>	<p>22 Bicycle w/legs in air.</p>	<p>23 Upright row.</p>	<p>24 Crossover crunch.</p>	<p>25 Squats.</p>	<p>26 Bent over lateral raise.</p>
<p>27 Overhead extensions.</p>	<p>28 Tricep dips.</p>	<p>29 V-sit crunches.</p>	<p>Check out the exercises at Health 24. Go to: http://www.health24.com/fitness/Exercises/16-1339.asp</p>		<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.</p>	