




October 2009

Ten At A Time Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For exercise demos go to: http://www.shapefit.com/training.html</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>			<p>1 Reverse crunches.</p>	<p>2 Overhead presses.</p>	<p>3 Squat.</p>
<p>4 Flies.</p>	<p>5 Lying dumbbell extensions.</p>	<p>6 Inverted exercise ball leg pull ins.</p>	<p>7 Alternating hammer curls.</p>	<p>8 Medicine ball leg raises.</p>	<p>9 Side raises w/wt.</p>	<p>10 Walking lunges w/wt.</p>
<p>11 Pullovers.</p>	<p>12 Lying tricep presses.</p>	<p>13 Hover, 30 sec holds.</p>	<p>14 Hyperextensions.</p>	<p>15 Bent-knee ab hip raises.</p>	<p>16 Stability ball hamstring curls.</p>	<p>17 Lying dumbbell curls.</p>
<p>18 Front deltoid raise.</p>	<p>19 Narrow width push-ups.</p>	<p>20 Hang on a pull up bar and bring knees to chest.</p>	<p>21 Lying back presses.</p>	<p>22 Standing oblique twists.</p>	<p>23 Lunges w/oblique twist/wt in hands.</p>	<p>24 Dumbbell kickbacks.</p>
<p>25 Upright rows.</p>	<p>26 Dips.</p>	<p>27 Pec butterflies w/wt.</p>	<p>28 Dead lifts.</p>	<p>29 Abdominal flutter kicks.</p>	<p>30 Military press.</p>	<p>31 Standing bicep curls.</p>