



Millbrooke's Fitness Club

December 2024

Due 1/10/25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3 rounds of: 6 Mountain Climbers 6 left foot hops 6 right foot hops	2 Set a timer for 4 mins. Repeat this: 10 Crab Walks 10 Long Jumps 10 sit ups	3 Get 8 hours of sleep and eat a healthy breakfast	4. Jog through each room in your house and do: 4 flutter kicks 5 Bear Crawls	5 Do each movement for 30 seconds: Mountain Climbers, Hops, Step ups	6 Try a new food from ONE food group: Dairy, Fruit, Vegetables, Grains, or Protein	7 Max out- Do as many sit ups as you can in ONE minute (Have a partner time you)
8 Use plastic cups to build a Christmas Tree Tower. Try to get faster and faster each time you rebuild it!	9 Every Minute on the Minute for 5 mins: 9 Squats 9 step ups R leg 9 step ups L leg	10 10 Jumping Lunges 10 Jumping Squats 10 Jumping Jacks	11 STRETCH DAY! Just like we do in class! Arm Circles, arm across body, touch your toes, pull right and left leg up! Relax those muscles and rest!	12 12 bear crawls 12 arm circles 12 reverse lunges	13 Drink 8 glasses of water today!	14 Max out- Do as many tricep dips as you can without stopping
15 Partner workout! Take turns doing: 10 Overhead Squats 10 Jumping Jacks	16 Every minute on the minute do a 45 second wall PLANK and rest the last 15 seconds for 5 mins total!	17 2 rounds of: Your AGE # of Goblet squats AND your AGE # of heel taps	18 Squat Pauses! Do 13 Squats but PAUSE at the bottom of the squat for 3 seconds each time!	19 Do each movement for ONE FULL minute! Push ups Heel Taps Burpees	20 Eat 2 ½ cups of vegetables and drink 3 glasses of water	21 Max out- Grab TWO bottles of water and hold them over your head as long as you can!
22 Snowball Target practice with a partner! (Throwing at any target)	23 Set a timer for 4 mins. Repeat this: 12 Calf raises 12 Vertical Jumps 12 wall push ups	24 Pick 3 movements below and do 5 REPS of the 3 movements you picked! Lunges, Burpees, Sit ups, Squats, two foot hops, pushups	25 Play your favorite song and PLANK as long as you can. When you have to take a break, only break for 10 seconds!	26 Holiday Race! Collect as many red and green colored things as you can find in each room of your house!	27 Eat food from EVERY food group - Dairy, Fruit, Veg, Grain, Protein	28 Max out- Do a wall sit (leaned up against the wall) hold it as LONG as you can!
29 Jack Frost TAG with siblings, cousins, or parents!	30 Log all the food you eat today. Research which food group you ate the most of.	31 Do 31 burpees at a slow, steady pace, without losing your breath!				

Student's Name: _____ Child's Homeroom Teacher: _____ Parent Signature _____