

APRIL - Athlete Calendar - Stay Active

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1st	2nd	3rd	4th	5th
		Donate clothes you don't wear Flutter Kick for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=ZaF8zmTul1A	Clean or organize fridge of expired items In Out Squat Jumps for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=RIMTORv-IRk	Clean or organize kitchen cupboards Wall Sit for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=-cdph8hv000	Clean or organize kitchen drawers Triceps Dip for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=7azSowCQF4	Phone friends to say hi, how are you 5 Bird Dogs each side Do this 3 times during the day https://www.youtube.com/watch?v=wIFNA3sqjCA
6th	7th	8th	9th	10th	11th	12th
Vacuum Go for a walk - 20 minutes 10 Jump Squats Do this 3 times during the day https://www.youtube.com/watch?v=Az5iKcZDcc	Dust 5 Single leg deadlifts on each leg Do this 3 times during the day https://www.youtube.com/watch?v=sihtag-dB2w	Clean phone of unused apps Plank for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=pvjjsGSSvck	Find a free exercise app to use Toe taps for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=2VXTqy8Ll4	Sweep kitchen floor and bathroom floor 5 Prone Walkouts Do this 3 times during the day https://www.youtube.com/watch?v=-FW8DNksAh	Wash kitchen floor Wash bathroom floor 10 Pushups Do this 3 times during the day https://www.youtube.com/watch?v=U2i5lpTu0U	Phone friends to say hi, how are you 10 Sit ups Do this 3 times during the day https://www.youtube.com/watch?v=onaQ0v_J5uU
13th	14th	15th	16th	17th	18th	19th
Clean or organize the living room Go for a walk - 20 minutes Mountain Climbers for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=WHtsUjji2YY	Clean out a closet 10 Squats Do this 3 times during the day https://www.youtube.com/watch?v=m0GcZ24pK6k	Congratulations! Look how much you've done. Bicycle for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=9FGilxCbdz8	Do something you wanted to get done in your house Alternating Step Ups for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=ZM_jkYv9Fg	Clean out your wallet or purse 5 Burpees Do this 3 times during the day https://www.youtube.com/watch?v=dZgVxmf6jKA	Clean or organize bathroom 5 Shoulder Taps each side Do this 3 times during the day https://www.youtube.com/watch?v=LEZq7QZ8ySQ	Phone friends to say hi, how are you Side Plank each side for 15-30seconds Do this 3 times during the day https://www.youtube.com/watch?v=N_s9em1xTqU
20th	21st	22nd	23rd	24th	25th	26th
Go through your personal hygiene items Go for a walk - 20 minutes Inchworm 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=XFnK5X8hKB0	Clean or organize kitchen counter 10 Calf Raises on each leg Do this 3 times during the day https://www.youtube.com/watch?v=XRLnLqmUa6l	Sweep kitchen floor and bathroom floor Sprinter Sit Ups for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=rjOWapHaa0	Wash Kitchen Floor High Knees for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=oDdkyIlQqE	Wash Bathroom Floor 5 Lateral Lunges on each leg Do this 3 times during the day https://www.youtube.com/watch?v=YnSGISZWoz	Vacuum 5 Triceps Pushup Do this 3 times during the day https://www.youtube.com/watch?v=hflQ5V4Tcgo	Phone friends to say hi, how are you Dead Bug for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=q_BYB0R-4Ws
27th	28th	29th	30th	May 1st	May 2nd	
Dust Go for a walk - 20 minutes Jumping Jacks for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=5g1T-ff07kM	Clean your car or parents car 10 Tuck Jumps Do this 3 times during the day https://www.youtube.com/watch?v=4s4B0sKaw28	Play a game (if you can) Superman for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=J9zXkxUAUA	Go through papers laying around Dance for 10 minutes Do this 3 times during the day Put on your favourite playlist and bust out	Organize your bedroom Go for a walk - 20 minutes Bear Crawl for 30 seconds Do this 3 times during the day https://www.youtube.com/watch?v=DoFmR3mwG	Organize your dresser 10 Lunges on each leg Do this 3 times during the day https://www.youtube.com/watch?v=whwflax9RRc	