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Active Schools. Active Communities.

Home Activities for
Class 6-8

Class 6 - 8

APRIL WORKOUT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ❖ Arm circles and leg Raises (Repeat with both, left and right) ❖ Cardio Day (Skip, Hula hoop, Jog on Place) ❖ Yoga Day (Tree pose, Warrior pose, Cobra pose, cat cow pose) 			1 Cardio Day (1 min)	2 5 Push-ups Wall Sits (20 seconds)	3 10 Crunches 10 Arm Circles	4 5 Push-ups Wall Sits (20 seconds)
5 Family Yoga Day	6 12 Crunches 12 Leg Raises)	7 8 Push-ups Wall Sits (30 seconds)	8 Cardio Day (2 min)	9 12 Crunches 12 Arm Circle	10 8 Push-ups Wall Sits (30 seconds)	11 15 Crunches 15 Leg Raises
12 Family Yoga Day	13 12 Push-ups Wall Sits (40 seconds)	14 15 Crunches 15 Arm Circles	15 Cardio Day (3 Min)	16 12 Push-ups Wall Sits (40 seconds)	17 15 Crunches 15 Leg Raises	18 12 Push-ups Wall Sits (40 seconds)
19 Family Yoga Day	20 20 Crunches 20 Leg Raises	21 14 Push-ups Wall Sits (50 seconds)	22 Cardio Day (4 Min)	23 20 Crunches 20 Arm Circles	24 14 Push-ups Wall Sits (50 seconds)	25 20 Crunches 20 Leg Raises
26 Family Yoga Day	27 14 Push-ups Wall Sits (50 seconds)	28 22 Crunches 25 Arm Circles	29 Cardio Day (5 Min)	30 20 Push-ups Wall Sits (1 minute)	<ul style="list-style-type: none"> ❖ Minimum no. of set is TWO. ❖ Rest between set 20 – 30 Second. 	

Class 6 - 8

MAY WORKOUT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
YOGA DAY	5 Mountain Climbers 3 Sky Reaches	Butterfly Kicks (20 seconds) 5 Tuck Jumps	Cardio Day (1 min)	5 Mountain Climbers 3 Sky Reaches	Butterfly Kicks (20 seconds) 5 Tuck Jumps	5 Mountain Climbers 3 Sky Reaches
8	9	10	11	12	13	14
YOGA DAY	7 Mountain Climbers 5 Sky Reaches	Butterfly Kicks (30 seconds) 7 Tuck Jumps	Cardio Day (2 min)	7 Mountain Climbers 5 Sky Reaches	Butterfly Kicks (30 seconds) 7 Tuck Jumps	7 Mountain Climbers 5 Sky Reaches
15	16	17	18	19	20	21
YOGA DAY	10 Mountain Climbers 8 Sky Reaches	Butterfly Kicks (45 seconds) 10 Tuck Jumps	Cardio Day (3 min)	10 Mountain Climbers 8 Sky Reaches	Butterfly Kicks (45 seconds) 10 Tuck Jumps	10 Mountain Climbers 8 Sky Reaches
22	23	24	25	26	27	28
YOGA DAY	15 Mountain Climbers 10 Sky Reaches	Butterfly Kicks (1 minute) 12 Tuck Jumps	Cardio Day (4 min)	15 Mountain Climbers 10 Sky Reaches	Butterfly Kicks (1 minute) 12 Tuck Jumps	15 Mountain Climbers 10 Sky Reaches
29	30	31	<input type="checkbox"/> Cardio Day (Skip, Hula hoop, Jog on Place) <input type="checkbox"/> Yoga Day (Tree pose, Warrior pose, Cobra pose, cat cow pose) <input type="checkbox"/> Minimum no. of set is TWO. <input type="checkbox"/> Rest between set 30 – 50 Second.			
YOGA DAY	15 Mountain Climbers 10 Sky Reaches	Butterfly Kicks (1 minute) 12 Tuck Jumps				

Class 6 - 8

JUNE WORKOUT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
YOGA DAY	Plank (15 seconds) 3 Crab Walks	8 Sit-ups Hip Bridges (5 seconds)	Cardio Day (1 min)	Plank (20 seconds) 5 Crab Walks	10 Sit-ups Hip Bridges(8 seconds)	Plank (20 seconds) 5 Crab Walks
8	9	10	11	12	13	14
YOGA DAY	Plank (20 seconds) 5 Crab Walks	10 Sit-ups Hip Bridges (8 seconds)	Cardio Day (2 min)	Plank (30 seconds) 8 Crab Walks	12 Sit-ups Hip Bridges (10 seconds)	Plank (30 seconds) 8 Crab Walks
15	16	17	18	19	20	21
YOGA DAY	Plank (30 seconds) 8 Crab Walks	12 Sit-ups Hip Bridges (10 seconds)	Cardio Day (3 min)	Plank (40 seconds) 10 Crab Walk	15 Sit-ups Hip Bridges (15 seconds)	Plank (40 seconds) 10 Crab Walks
22	23	24	25	26	27	28
YOGA DAY	Plank (40 seconds) 10 Crab Walks	15 Sit-ups Hip Bridges (15 seconds)	Cardio Day (4 min)	Plank (50 seconds) 12 Crab Walks	20 Sit-ups Hip Bridges (20 seconds)	Plank (50 seconds) 12 Crab Walks
29	30	31	<input type="checkbox"/> Cardio Day (Skip, Hula hoop, Jog on Place) <input type="checkbox"/> Yoga Day (Tree pose, Warrior pose, Cobra pose, cat cow pose) <input type="checkbox"/> Crab Walks – count 1 each time you walk <input type="checkbox"/> Minimum no. of set is TWO. <input type="checkbox"/> Rest between set 30 – 50 Second.			
YOGA DAY	20 Sit-ups Hip Bridges (20 seconds)	Plank (50 seconds) 12 Crab Walks				



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