



Awesome arms & abs OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	WoW 4	5	6	7
PARENTS: Please sign the bottom of the calendar when finished.	5 push-ups, 5 sit-ups, 5 second plank	6 push-ups, 6 sit-ups, 6 second plank	7 push-ups, 7 sit-ups, 7 second plank	8 push-ups, 8 sit-ups, 8 second plank	9 push-ups, 9 sit-ups, 9 second plank	10 push-ups, 10 sit-ups, 10 second plank
8	9	10	11	12	13	14
REST	11 push-ups, 11 sit-ups, 11 second plank	12 push-ups, 12 sit-ups, 12 second plank	13 push-ups, 13 sit-ups, 13 second plank	14 push-ups, 14 sit-ups, 14 second plank	15 push-ups, 15 sit-ups, 15 second plank	16 push-ups, 16 sit-ups, 16 second plank
15	16	17	18	19	20	21
	2 sets	2 sets	2 sets	2 sets	2 sets	2 sets
REST	8 push-ups, 8 sit-ups, 8 second plank	9 push-ups, 9 sit-ups, 9 second plank	10 push-ups, 10 sit-ups, 10 second plank	11 push-ups, 11 sit-ups, 11 second plank	12 push-ups, 12 sit-ups, 12 second plank	13 push-ups, 13 sit-ups, 13 second plank
22	23	24	25	26	27	28
	2 sets	2 sets	2 sets	3 sets	3 sets	3 sets
REST	14 push-ups, 14 sit-ups, 14 second plank	15 push-ups, 15 sit-ups, 15 second plank	16 push-ups, 16 sit-ups, 16 second plank	11 push-ups, 11 sit-ups, 11 second plank	12 push-ups, 12 sit-ups, 12 second plank	13 push-ups, 13 sit-ups, 13 second plank
29	30	31				
	3 sets	3 sets				
REST	14 push-ups, 14 sit-ups, 14 second plank	15 push-ups, 15 sit-ups, 15 second plank	Please circle the days that you complete!			Return to Miss Axtmann when complete!

Student's Name: _____

Parent Signature: _____