

Fitness Calendar Activities

Cardiovascular Endurance/Muscle Endurance/Muscle Strength/flexibility

- Mile Run-Go to nearest track (Northern, Huntingtown, Patuxent). Try to finish under 10 minutes
- Family Adventure-Go for a walk with your family on a trail you've never traveled before. (Try Flag Pond, Battle Creek Cyprus Swamp, Calvert Cliffs)
- How Fast Can you Go?-Have a running race with 5 different friends today.
- Walk-Take an hour walk with your family/friends on Boardwalk (Chesapeake Beach or Solomons)
- Jump Rope Challenge-90 seconds without a miss. Challenge a friend
- Water Park-Have some fun at the local water park (Beach or Cove Point)
- Swim at the Pool-Head to Cove Point Pool. (Raining? head to Aquatics Center in Prince Frederick)
- Play game of basketball with friends in neighborhood today
- Play game of soccer with friends in neighborhood today. Try Dunkirk, Kings Landing or Cove Point Park
- Nature Walk-Head to Ann Marie Gardens with family, and check out all the sculptures.
- Figure 8 Drills-Use ball (soccer/basketball) perform 12-20 reps for 2 sets, followed by 2 sets of 25 crunches, followed by 2 sets of 25 pushups
- Bike Ride-Head to a local park, and ride your bike today. (Try Dunkirk Park, Hallowing Point or Cove Point)
- Play a Lifetime Sport today-Try Tennis, Golf, rollerblading, soccer, volleyball
- Strength/Endurance Workout-3 sets of 12-20 dips (bench/chair), 3 sets of 12-20 pushups, followed by 20 minute jog/run
- Strength/Endurance Workout-2 Sets of 15 bicep curls followed by 2 sets of 15 triceps extensions, 15 pushups, 15 bench/chair dips. (Try using canned food or laundry detergent bottles as weights)
- Fitness Videos- Go to You Tube, and find a fitness video to try. (Ex-Pilates, Yoga, Kick boxing)

- Fitness Videos-Head to public library in Prince Frederick or Solomons and find an exercise video to try at home. (Ex. Pilates, Yoga, Kickboxing)
- Pushups- Try some different pushups today. (Wall, fingertips, diamonds, one hand, elevator) Do 3 sets of 15 reps
- Mountain Climbers/Pushups- Do 5 pushups/5 mountain climbers. Repeat 3 sets
- Cardio!-Run Mile followed by 5 mile bike run.
- Speed Training-Go to High School Track. Run ½ way around track as fast as you can, then walk ½ way around track. Repeat 4 times (Mile)
- Muscle Strength/Endurance-Wall Pushups-3 sets of 15
- Flexibility-Hold Yoga's warrior one pose for one minute. Repeat
- Cobra Stretches-Lie Face down and push your chest off the ground for 20 seconds. Repeat 10 times
- 5K Walk/Run-Find an upcoming race in the area, and take part with family/friends.
- Go to nearest softball/baseball field (Try Dunkirk, Cove Point) and play game of pickle with some friends
- Agility-Set up some cones, water bottles or boxes in your driveway and practice weaving in and out of them as fast as you can.
- Agility-In line Skating/Skateboarding-Set up some cones, boxes, water bottles in your driveway or local park and practice weaving in and out of them as fast as you can
- Go to local skate park and have fun for 60 minutes.
- Get Outside-Grab any kind of ball and play catch with a family member for 30 minutes.
- Team Practice-Take part in a team practice for 60 minutes. Include each different fitness component-Running, endurance, stretching
- Agility-Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. Rest and repeat
- Walking Toe Touches-Stretch hamstrings. Keep legs straight, while you walk.
- Early Morning Walk-Start the day off right. Head to closest boardwalk (Beach/Solomons) and take a 30 minute walk.
- Dumbbell Bench Press- 4 sets of 15 with low weight. (Use canned food or laundry detergent bottle)
- Dumbbell Overhead Press- 4 sets of 15 with low weight (Use canned food or laundry detergent bottle)

- Reverse Dumbbell Flies- 4 sets of 15 with low weight (Use canned food or laundry detergent bottle)
- Hammer Curls-4 sets of 15 with low weight.
- Seated Dumbbell Shoulder Raises- 4 sets of 15
- Cardio-Run for 30 minutes on a treadmill
- Endurance/Flexibility-Do as many pushups as you can for 1 minute followed by 5 minutes of stretching. Repeat routine 3x
- 3 sets of 20 Russian Twists-knees bent, arms outstretched in front, crunch and twist to left and right, back down and repeat
- 3 sets of 15 Squats- Use body weight or low weight (canned food)
- Play your favorite sport today
- Head to Dunkirk, Cove Point or Hallowing Point Park and shoot some hoops. Challenge friend to 1 on 1
- Head to Tennis Court, and challenge friend to a match
- Create your own triathlon-Swim, Bike and Run
- Yard Work-Get out there and do some yard work for family or neighbor. (Dig, mow, rake, plant, etc.)
- Speed Training-Head to local High School Track. Sprint the straight parts, walk the curves. Repeat 10 times
- Jumping Jacks- 4 sets of 25
- Scissor Jacks-As you jump, scissor your legs each time. Right leg forward, left arm up. 4 sets of 25
- Jump Rope Intervals-Jump Rope, as fast as you can, for minute. Rest 1 minute. Repeat 10 times
- Diamond Pushups- 3 sets of 15
- Pullups- Use pullup bar, playground equipment or sturdy tree branch to do as many as you can. Repeat 3 sets
- Wall Sits-Sit against a wall with your legs at 90 degrees. Hold for 1 minute. Repeat 3 times
- Box Jumps-Jump onto a raised box, bench, bleacher with both feet, and then down. 3 sets of 1 minute
- Litter Run-Go for a job around the neighborhood/Park with family and friends, pick up any trash that you see.
- Get the whole family together and go for a walk after dinner.
- Mummy Kicks- Scissor kick your legs straight out in front of you while scissoring your arms side to side in front of you as fast as you can. 4 sets of 30 seconds.

- Curl ups-Lie on your back with knees bent and palms on the floor. Sit up sliding your finger passed your heels. 3 sets of as many as you can
- Pyramid Pushups- 1 pushup, hold 5 sec; 2 pushups, hold 5 sec; 3 pushups, hold 5 sec; 4 pushups, hold 5 sec; 5 pushups, hold 5 sec; Repeat reverse order
- 10 Pushups with a leg raise each time, 20 jumping jacks, 20 alternate leg lunges. Repeat
- Side Kicks- Do 10 sidekicks to the right, 10 sidekicks to the left. Repeat 3 sets
- Bring your whole family to local high school. Run up and down bleachers, followed by 5 minutes of stretching. 3 Sets
- 3 Sets of 50 jumping jacks
- Flexibility- Standing Calf Raises, Single Standing Calf Raises. 3 sets of 15. (Wear backpack full of books for added weight)
- Jump Rope Competition-Challenge family or friends. See who can jump the longest without stopping. See who can jump the fastest.
- Bench Pushups-Perform pushups with your feet elevated on bench or chair
- Shoulder Raises- Use low weight (canned food or laundry detergent) Front raises, lateral raises, V raises. 3 sets of 12 reps
- Challenge family to pushup competition
- Head to the boardwalk for after dinner walk and watch the sun set
- Close-Grip Pushups. (Strengthen your triceps and pecs) 3 Sets of 8-12 reps
- Play lacrosse at local park with family/friends
- Standing Core Rotation- Stand back to back with a friend and make circles passing a medicine ball back and forth. Do 20 and switch sides. (you can use basketball or anything round and heavy to substitute)
- Play game of football with friends at Dunkirk, Hallowing Point or Cove Point Park
- Head down to Calvert Marine Museum with family and walk around the exhibits
- Have a curlup competition with the whole family. See who can do the most without stopping
- Spider Pushups- Do a pushup, and as you lower your arms, touch your right knee to right elbow. Switch knees every time. 3 sets of 15

- Reverse Lunges into Front Kicks-Do a reverse lunge with your right leg and transition into a front kick with your right leg. Do 10, then switch legs. Repeat 3 times.
- Challenge your friends to a 3 mile run.
- Exploding pushups-Do a regular pushup but explode off the ground as hard as you can. 3 sets of 12
- Find a flight of stairs and run up and down them 15-20 times. Rest and repeat
- Bent Over Dumbbell Rows-Place same knee and hand on bench. Hold a dumbbell (or alternative light weight) in other hand w arm extended. Pull back the dumbbell/weight to armpit and back down. 3 sets of 10
- Diagonal Leg Lifts-Step to the side with your arms up. Pull your knees to chest and arms down, alternate sides and do same thing. 3 sets of 1 min each.
- Agility Box Drill-Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards as fast as you can. Time yourself, and challenge a friend
- 30 min intervals-Jog for 10 min, walk for 10 min, jog for 10 min
- Windmill Side Lunges-Feet apart, arms out to side. Lunge w right foot at 45 deg. Rotating trunk so left hand touches right foot. Stand up, alternate sides.
- Medicine Ball Crunches-Hold a medicine ball (or other type ball) up and do crunches while laying on ground. 3 sets of 15
- Half-Burpee Intervals-Start in pushup position, jump both feet forward into a squatting position and jump back out. 3 sets of 30 seconds.
- Partner Cardio-With a partner, do high knees as fast as you can. 3 sets of 30 seconds
- Squats to Front kicks-Do a body weight squat into a front kick. Alternate kicking leg each rep. 3 sets of 1 minute with 1 minute rest in between
- Family Run-Take the family for a 3 mile jog/walk at area park. Enjoy the outdoors
- 5-10-5-Side shuffle 5 yards right, 10 yards left and 5 yards right as fast as you can. Repeat 10 times
- Jump Rope Intervals-Jump Rope 1 minute, 15-20 pushups, 25 jumping jacks. Repeat for 10 minutes
- Get outside and help family/neighbor shovel snow.

- Teach a family member how to do burpees. Challenge them to see who can do more in 30 seconds.
- Participate in a game or tournament with your sports team. Good luck!
- Create game of tag and play with friends in your neighborhood. See who can create the “best” game
- Long Arm Crunches-Do crunches with your arms straight out in front of you. 4 sets of 20
- Physio Ball Leg Curls-Lie on your back and put your heels up on the physioball. (you can use alternative ball, sofa or ottoman)
- Body Weight Jump Squats-3 sets of 20
- Cardio/Endurance Intervals-30 seconds of 3 sets of each-Jumping Jacks, Mountain Climbers, Burpees, Ste-ups, Scissor Jacks
- In and Outs-Alternate between close grip pushups and regular pushups each time. Try and do 3 sets of 10 in a row
- Sprints-Start at yours, and sprint the length of 3 mailboxes. No mailboxes? You can use houses, buildings
- Head to baseball/softball field at Dunkirk, Hallowing Point, Cove Point. Have a friend pitch to you, and see who can hit more
- Head to baseball/softball field at Dunkirk, Hallowing Point, Cove Point and race a friend around the bases
- Using a step, stair or box, see who in your family can complete the most step ups in one minute
- Walk/jog for 30 minutes on a treadmill
- Basketball-Head to the local park and challenge some friends to a game of Knockout or Horse
- Split up the chores with your family, and see how fast you can do the dishes, vacuum, dust and clean up everyone’s rooms
- Triceps Dips-With your hands on a bench and your feet on a chair. 3 sets of 12-15
- Up Hill Sprints-Find a hill, sprint up, jog down. Repeat 10 times
- Distance Run-At the park or trail, test yourself. See how long you can run without stopping
- Side Plank Competition-See which family member can hold a side plank the longest
- Endurance competition-Challenge a friend. See who can complete 50 burpees, 25 curlups, 25 pushups first.

- Challenge a teacher or administrator-See who can complete the most pushups
- Challenge a teacher or administrator-See who can jump rope the longest
- Challenge a teacher or administrator-See who can do the most pull-ups
- Handstand Pushups-With feet against a wall,try as many as you can. Can you do them without a wall?
- Take your dog for a 30-60 minute walk at one of the county's nature parks.
- Play a game of hide and seek with your friends/family
- Medicine Ball Lunges-Holding a medicine ball overhead (or light weight) with your arms straight, do alternate leg lunges.
- Dumbbell Shrugs-With a dumbbell in each hand (or canned food or laundry detergent) shrug your shoulders. 4 sets of 12
- Alternate between walking, jogging, running for 30 minutes. If it's a nice day, try it at the park
- Go for a walk with the whole family. Go to a place you have never been before.
- Cardio Blast-30 seconds of 3 times through. Burpees, mountain climbers, jogging in place, jump rope
- Enroll in an activity class. (Karate, Swimming, Kickboxing, etc)
- 2 point Balance-Balance on your knees with your back straight on top of a physioball (or alternate ball if you choose)
- Take the family to Lord Calvert Bowling and see who can bowl the highest score
- Ultimate Frisbee-Play game of ultimate Frisbee with friends at Dunkirk, Hallowing Point, Cove Point Park
- Toss Frisbee back and forth with a friend/family member for 30 minutes.
- Have Fun! Go to County Fair
- Hip Bridges-Lie on your back with your knees pointing up and feet flat on the ground. Raise your hips up as far as you can. Repeat 20x
- Stretching-10-15 minute stretch routine. Stretch upper and lower body muscles, remembering not to bounce
- Lying Sprint Start-Lie down on your stomach, pop up and sprint 20 yards. Repeat 10 times. Challenge a friend
- Standing Broad Jump-3 sets of 10

- Side lunges with punches-Do a side lunge and add a punch. Do 10 then switch sides
- Diagonal Knee Lifts-Put your hands in the air and drive your knee up to your opposite shoulder. Do 20 then switch
- Family Double Dutch-Take turns seeing which family member can double dutch the longest
- Friend Double Dutch-Take turns seeing who can double dutch the longest
- Set up an obstacle course in your neighborhood or local park. Practice riding bikes or skating through course.
- Do 10 of your favorite exercises
- Intervals-walk for 10 min, 10 pushups, jog for 10 min, 10 squat thrusts, walk for 10 min, 10 Russian twists, jog for 10 min, STRETCH
- Gather all your friends in the neighborhood and do Indian sprints around the entire neighborhood
- Go to local skating rink and have fun ice skating
- Scissor Kicks-4 sets of 30 seconds
- Go to local park and practice Free throws. How many can you make in a row. Challenge a friend
- Go to local park and practice lay ups. How many can you make in a row. Opposite hand? Challenge a friend
- Medicine Ball (alternative ball) curlups with a partner
- Going to a friends house? Jog over, instead of biking or driving
- Using a pedometer, step counter, or fitness app try to get 3000 steps in a day
- Butt Kicks in place. 10 seconds as fast as you can. Repeat 5 times
- Play some beach games with your family
- Board Sports-Go skateboarding, boogie boarding, surfing, paddle boarding, etc.