



Climb a Mountain in May

Mountain Climbers

1. Start in a push up position with your left leg in front so that your foot is on the floor under your chest.
2. Keep your hands down on the ground. Jump or step with your legs and switch your feet so that your right leg is in front.
3. Jump or step with your legs again and switch your feet so that your left leg is in front. Continue jumping and switching as fast as you can.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						May 1 10 <input type="checkbox"/> Completed
May 2 REST	May 3 14 <input type="checkbox"/> Completed	May 4 18 <input type="checkbox"/> Completed	May 5 20 <input type="checkbox"/> Completed	May 6 24 <input type="checkbox"/> Completed	May 7 26 <input type="checkbox"/> Completed	May 8 28 <input type="checkbox"/> Completed
May 9 REST	May 10 30 <input type="checkbox"/> Completed	May 11 32 <input type="checkbox"/> Completed	May 12 36 <input type="checkbox"/> Completed	May 13 40 <input type="checkbox"/> Completed	May 14 44 <input type="checkbox"/> Completed	May 15 50 <input type="checkbox"/> Completed
May 16 REST	May 17 50 <input type="checkbox"/> Completed	May 18 52 <input type="checkbox"/> Completed	May 19 54 <input type="checkbox"/> Completed	May 20 56 <input type="checkbox"/> Completed	May 21 58 <input type="checkbox"/> Completed	May 22 60 <input type="checkbox"/> Completed
May 23 REST	May 24 60 <input type="checkbox"/> Completed	May 25 62 <input type="checkbox"/> Completed	May 26 64 <input type="checkbox"/> Completed	May 27 66 <input type="checkbox"/> Completed	May 28 68 <input type="checkbox"/> Completed	May 29/30/31 71 <input type="checkbox"/> Completed <input type="checkbox"/> Completed <input type="checkbox"/> Completed



The **number** listed = the **number** of **mountain climbers** to complete. (Each knee-to-chest is one). Check the box when you complete the climbers for the day! Email your completed calendar to fitness@soill.org. If you complete each day you'll have climbed **1,235** ft!

