

10 Days to Conquer

PUMPING

A

SWING

Day 1

1 - SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND

2 - HOLD PLANK POSITION FOR AS LONG AS YOU CAN 5 TIMES

Day 2

1 - CRUMPLE 10 PIECES OF PAPER, THEN TEAR PAPER INTO SMALL PIECES

2 - WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES

Day 3

1 - ROCK AND ROLL: LIE ON BACK, HOLDING LEGS BEHIND KNEES. ROCK AND ROLL UP TO SIT AND BACK ONTO BACK 20 TIMES.

2 - HOLD PLANK POSITION FOR AS LONG AS YOU CAN 5 TIMES

Day 4

1 - WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES

2 - BOAT POSE: SIT ON THE FLOOR WITH KNEES BENT AND FEET ON FLOOR. LEAN TORSO BACK SLOWLY AND LIFT FEET OFF THE GROUND, BRINGING SHINS PARALLEL TO THE FLOOR. HOLD FOR AS LONG AS YOU CAN 5 TIMES.

Day 5

1 - WALL PUSHUPS: STAND WITH HANDS ON THE WALL AND FEET AWAY FROM THE WALL. BEND AT THE ELBOWS UNTIL YOUR NOSE TOUCHES THE WALL AND THEN STRAIGHTEN THE ARMS, PUSHING AWAY FROM THE WALL. REPEAT 20 TIMES.

2 - CLIMB THE SLIDE AT THE PLAYGROUND 10 TIMES.

Day 6

1 - CRUMPLE 10 PIECES OF PAPER, THEN TEAR PAPER INTO SMALL PIECES

2 - BOAT POSE: SIT ON THE FLOOR WITH KNEES BENT AND FEET ON FLOOR. LEAN TORSO BACK SLOWLY AND LIFT FEET OFF THE GROUND, BRINGING SHINS PARALLEL TO THE FLOOR. HOLD FOR AS LONG AS YOU CAN 5 TIMES.

Day 7

1 - PUT YOUR TUMMY ON THE SWING AND MOVE BACK AND FORTH BY PUSHING YOUR LEGS OFF THE GROUND TO GET THE FEEL OF THE MOVEMENT AND TO GAIN LEG STRENGTH.

2 - SIT ON THE SWING WITH LEGS OUT STRAIGHT. HAVE MOM OR DAD PULL YOU FORWARD BY YOUR FEET AND LET YOU GO!

Day 8

1 - CLIMB THE SLIDE AT THE PLAYGROUND 10 TIMES.

2 - SIT ON THE SWING AND PRACTICE PUSHING AND PULLING THE CHAINS WITH YOUR HANDS/ARMS.

Day 9

1 - SIT ON THE SWING AND PRACTICE STRAIGHTENING AND BENDING LEGS 20 TIMES.

2 - TRY PUTTING THE ARM MOVEMENTS AND LEG MOVEMENTS TOGETHER WITH MOM OR DAD PUSHING!

Day 10

1 - SIT ON THE SWING WITH LEGS OUT STRAIGHT. HAVE MOM OR DAD PULL YOU FORWARD BY YOUR FEET AND LET YOU GO!

2 - TRY PUMPING THE SWING ON YOUR OWN!

SHARE YOUR SUCCESS STORIES!

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