

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>Muscle Mania May Madness</h1> <p>Be sure to read the instructions on page 2 for what you need to do on your rest days!</p>				<b>1</b> 45 star jumps 22 lunges 24sec side plank (each side)	<b>2</b> <b>Rest – do something for you!</b>	<b>3</b> 14 push-ups 17 squats 22 crunches
<b>4</b> 22 sit-ups 26sec plank 24 lunges	<b>5</b> 16 push-ups 50 star jumps 28sec plank	<b>6</b> 24 sit-ups 26 lunges 19 squats	<b>7</b> 18 push-ups 24 crunches 30sec side plank (each side)	<b>8</b> <b>Rest – do something for you!</b>	<b>9</b> 55 star jumps 21 squats 26 sit-ups	<b>10</b> 20 push-ups 28 lunges 32sec plank
<b>11</b> 60 star jumps 26 crunches 34sec side plank (each side)	<b>12</b> 22 push-ups 23 squats 36sec plank	<b>13</b> 28 sit-ups 30 lunges 65 star jumps	<b>14</b> <b>Rest – do something for you!</b>	<b>15</b> 24 push-ups 70 star jumps 28 crunches	<b>16</b> 32 lunges 25 squats 38sec plank	<b>17</b> 26 push-ups 30 sit-ups 40sec side plank (each side)
<b>18</b> 30 crunches 75 star jumps 42sec plank	<b>19</b> 28 push-ups 34 lunges 27 squats	<b>20</b> <b>Rest – do something for you!</b>	<b>21</b> 32 sit-ups 29 squats 44sec side plank (each side)	<b>22</b> 30 push-ups 80 star jumps 36 lunges	<b>23</b> 31 squats 32 crunches 46sec plank	<b>24</b> 32 push-ups 33 squats 38 lunges
<b>25</b> 34 sit-ups 85 star jumps 48sec side plank (each side)	<b>26</b> <b>Rest – do something for you!</b>	<b>27</b> 34 push-ups 34 crunches 50sec plank	<b>28</b> 40 lunges 90 star jumps 50sec side plank (each side)	<b>29</b> 60 star jumps 24 sit-ups 30 lunges (per leg) 24 calf raises	<b>30</b> 36 burpees 1 minute plank 34 squats 24 push ups	<b>31</b> 90 second swimmer 34 calf raises 1 minute wall sit 60 arm circles (30 each direction)

**Muscle Mania May Madness** consists of a number of workouts focusing on various muscle groups within the body. As the month progresses, the time and number of repetitions for each exercise gradually increases. There is a built-in rest day every sixth day. Each rest day we would like you to complete something for **you** (see below for some ideas). Also, on each rest day we would like you to update your PE teacher including a summary of how you have found the previous five days of exercise and what you have done for you on your rest day. Have fun!

Some ideas to get you started:

- Listen to music
- Go for a walk
- Watch something easy-going
- Mindfulness colouring
- Listen to a podcast
- Meditate
- Look at old photos
- Have a phone free afternoon
- Pamper yourself
- Read a book

Make sure you email your PE teacher:

Mr Richardson [scott.richardson@open-academy.org.uk](mailto:scott.richardson@open-academy.org.uk)

Mr Wilkinson [philip.wilkinson@open-academy.org.uk](mailto:philip.wilkinson@open-academy.org.uk)

Mrs Pearsall [ruth.pearsall@open-academy.org.uk](mailto:ruth.pearsall@open-academy.org.uk)

Mr Lambert [sean.lambert@open-academy.org.uk](mailto:sean.lambert@open-academy.org.uk)

Miss Matthews [emma.matthews@open-academy.org.uk](mailto:emma.matthews@open-academy.org.uk)

Each student's fitness level varies. Therefore, the guidelines on the calendar are not set in stone. With help from an adult, each of the exercises and/or repetitions and times can be adapted to appropriately challenge the student.

**Parents/carers are encouraged to help and even participate in the workouts.**

Your child may need a little guidance. We encourage parents to help with making necessary adaptations based on fitness level. Finally, students get so excited when parents and siblings participate in the challenge with them. What better way to lead by example and promote lifelong fitness!