






# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>Your Choice Day - Stretch and Exercise!</p>	<p>2</p> <ul style="list-style-type: none"> <li>• Straddle "L" Hold on Floor (8 s.)</li> <li>• 10 Straight Jumps</li> <li>• 10 Split Jumps</li> <li>• Straddle Stretch (30 s.)</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>• Bridge w/ straight arms., arm pits to wall</li> <li>• Wall Sit (20 s.)</li> <li>• 10 Burpees</li> <li>• Splits (15 s. each leg)</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>• Handstand on wall (10s.)</li> <li>• 15 Tuck Jumps</li> <li>• 10 Burpees</li> <li>• Front Support Hold (30 s.)</li> </ul>	<p>5</p> <p>Your Choice Day - Stretch and Exercise!</p>	<p>6</p> <ul style="list-style-type: none"> <li>• 15 Push Ups</li> <li>• 15 V Ups</li> <li>• 25 Sit Ups</li> <li>• Pike Stretch (30 s.)</li> <li>• 10 Passe to Releve</li> </ul>	<p>7</p> <p><b>FAMILY EXERCISE DAY!</b></p> <p>Workout with your family! Get creative and email us a video!</p>
<p>8</p> <ul style="list-style-type: none"> <li>• Bridge w/ straight arms., arm pits to wall</li> <li>• Wall Sit (20 s.)</li> <li>• 10 Burpees</li> <li>• Splits (15 s. each leg)</li> </ul>	<p>9</p> <p>Your Choice Day - Stretch and Exercise!</p>	<p>10</p> <ul style="list-style-type: none"> <li>• 15 Push Ups</li> <li>• 15 V Ups</li> <li>• 25 Sit Ups</li> <li>• Pike Stretch (30 s.)</li> <li>• 10 Passe to Releve</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• Straddle "L" Hold on Floor (8 s.)</li> <li>• 10 Straight Jumps</li> <li>• 10 Split Jumps</li> <li>• Straddle Stretch (30 s.)</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>• Handstand on wall (10s.)</li> <li>• 15 Tuck Jumps</li> <li>• 10 Burpees</li> <li>• Front Support Hold (30 s.)</li> </ul>	<p>13</p> <p>Your Choice Day - Stretch and Exercise!</p>	<p>14</p> <ul style="list-style-type: none"> <li>• Straddle "L" Hold on Floor (10 s.)</li> <li>• 15 Straight Jumps</li> <li>• 15 Split Jumps</li> <li>• Straddle Stretch (30 s.)</li> </ul>
<p>15</p> <p><b>FAMILY EXERCISE DAY!</b></p> <p>Workout with your family! Get creative and email us a video!</p>	<p>16</p> <ul style="list-style-type: none"> <li>• 20 Push Ups</li> <li>• 15 V Ups</li> <li>• 25 Sit Ups</li> <li>• Pike Stretch (30 s.)</li> <li>• 10 Passe to Releve</li> </ul>	<p>17</p> <p>Your Choice Day - Stretch and Exercise!</p>	<p>18</p> <ul style="list-style-type: none"> <li>• Handstand on wall (15s.)</li> <li>• 15 Tuck Jumps</li> <li>• 12 Burpees</li> <li>• Front Support Hold (30 s.)</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>• Bridge w/ straight arms., arm pits to wall - as long as you can</li> <li>• Wall Sit (20 s.)</li> <li>• 10 Burpees</li> <li>• Splits (15 s. each leg)</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>• 20 Push Ups</li> <li>• 15 V Ups</li> <li>• 25 Sit Ups</li> <li>• Pike Stretch (30 s.)</li> <li>• 10 Passe to Releve</li> </ul>	<p>21</p> <p>Your Choice Day - Stretch and Exercise!</p>
<p>22</p> <ul style="list-style-type: none"> <li>• 20 Push Ups</li> <li>• 15 V Ups</li> <li>• 25 Sit Ups</li> <li>• Pike Stretch (30 s.)</li> <li>• 10 Passe to Releve</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>• Handstand on wall (15s.)</li> <li>• 15 Tuck Jumps</li> <li>• 12 Burpees</li> <li>• Front Support Hold (30 s.)</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• Straddle "L" Hold on Floor (10 s.)</li> <li>• 15 Straight Jumps</li> <li>• 15 Split Jumps</li> <li>• Straddle Stretch (30 s.)</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>• Bridge w/ straight arms., arm pits to wall - as long as you can</li> <li>• Wall Sit (20 s.)</li> <li>• 10 Burpees</li> <li>• Splits (15 s. each leg)</li> </ul>	<p>26</p> 	<p>27</p> <p><b>FAMILY EXERCISE DAY!</b></p> <p>Workout with your family! Get creative and email us a video!</p>	<p>28</p> <p><b>FAMILY EXERCISE DAY!</b></p> <p>Workout with your family! Get creative and email us a video!</p>
<p>29</p> <ul style="list-style-type: none"> <li>• Handstand on wall (15s.)</li> <li>• 15 Tuck Jumps</li> <li>• 12 Burpees</li> <li>• Front Support Hold (30 s.)</li> </ul>	<p>30</p> <p>Your Choice Day - Stretch and Exercise!</p>	<p>Follow Us on our Social Media platforms and tag us in your pictures and videos to be featured on our pages</p> <p>    </p> <p>@sanmateogymnastics</p>		<p><b>Instructions:</b> Each days exercises should be completed 3x (can be up to 5x for those who want more of a challenge). Make sure you are also warming up before performing these exercise and stretching after completing these exercises. (Stretches examples: Pancake (Straddle) stretch, Pike Stretch, Bridges, and Splits)</p>		