
































April's MACARONI ISOMETRICS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 	13 
14 	15 	16 	17 	18 	19 	20 
21 	22 	23 	24 	25 	26 	27 
28 	29 	30 	Isometric exercise: <i>Exercise involving muscular contractions without movement of the involved parts of the body.</i>			

Each day choose **at least five** exercise cards on the back of this page. Complete each of the chosen exercises. Hold each exercise for the “macaroni count” listed on the bottom of the card. Count slowly and clearly - “1 macaroni, 2 macaroni, 3 macaroni...” **Do not rush through the macaroni count.** Feel free to increase the macaroni count for each exercise as the month progresses since **you WILL get stronger!**

Color the noodle on the calendar each of the days you complete the **Isometric Macaroni Challenge**. Turn in your signed calendar at the end of the month to receive a prize from Mr. Evans!

Student Name: _____ Grade: _____ Total Days Completed: _____

Teacher: _____ Parent Signature: _____