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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **19**  **Outside**  Get some fresh air. Take a walk, skip, run, ride your bike or play outside! | **20**  **Leg Muscles**  8 forward lunges  8 squats  8 squat jumps  Repeat | **21**  **Core Muscles**  8-12 crunches  15-30 second front plank  8-12 mountain climbers  Repeat | **22**  **Cardio Day!**  15-30 jumping jacks  30 second run in place  15 second Jump rope **OR** mountain climbers  Repeat | **23**  **Upper Body Muscles**  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat | **24**  **Student Choice!!**  Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!  Repeat | **25**  **Stretching and Flexibility**  Choose 5 stretches to complete.  Complete each stretch for 30-seconds.  Repeat  Click on Stretching and Flexibility document for examples. |
| **26**  **Outside**  Get some fresh air. Take a walk, skip, run, ride your bike or play outside! | **27**  **Leg Muscles**  8 backward lunges  8 -12 calf raises  8 walking forward lunges  Repeat | **28**  **Core Muscles**  8-12 crunches  15-30 second side plank  8-12 curl-ups  Repeat | **29**  **Cardio Day!**  15-30 jumping jacks  30 second high knees  15 second Jump rope **OR** burpees  Repeat | **30**  **Upper Body Muscles**  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat |  |  |