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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 lunges8 squats8 squat jumpsRepeat | **21****Core Muscles**8-12 crunches15-30 second front plank8-12 mountain climbersRepeat | **22****Cardio Day!**15-30 jumping jacks30 second run in place15 second Jump rope **OR** mountain climbersRepeat | **23****Upper Body Muscles**(Chest, Arms, Shoulders)6-12 pushups30 second arm circles30 second shoulder shrugs30 second neck rollRepeat | **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 lunges8 -12 calf raises8 walking forward lungesRepeat | **28****Core Muscles**8-12 crunches15-30 second side plank8-12 curl-upsRepeat | **29****Cardio Day!**15-30 jumping jacks30 second high knees15 second Jump rope **OR** burpeesRepeat | **30****Upper Body Muscles**(Chest, Arms, Shoulders)6-12 pushups30 second arm circles30 second shoulder shrugs30 second neck rollRepeat |  |  |