JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Upper Body	5	6
	Leg Muscles	Core Muscles	Cardio Day!	Muscles	Student Choice!!	Stretching and Flexibility
	8 forward lunges	8-12 crunches	15-30 jumping jacks	(Chest, Arms, Shoulders)	Choose any 3 exercises of your	Choose 5 stretches to complete.
	8 squats	15-30 second front plank	30 second run in place	6-12 pushups	choice!! Challenge yourself and reach for 5 exercises!!	Complete each
	8 squat jumps Repeat	8-12 mountain climbers	15 second Jump rope OR mountain	30 second arm circles	o characterist	stretch for 30-seconds.
		Repeat	climbers Repeat	30 second shoulder shrugs	Repeat	Repeat Click on Stretching
				30 second neck roll	Exercise Cords	and Flexibility document for examples.
		The state of the s	AT AN	Repeat	Control Contro	
		ahdrantruk.	FEMOLIS		dia randonia	
7	8	9	10 Cardio Day!	11	12	13
Outside	Leg Muscles	Core Muscles	15-30 jumping jacks	Upper Body Muscles	Student Choice!!	Stretching and Flexibility
Get some fresh air. Take a walk, hike, play sports, ride	8 backward lunges 8 -12 calf raises	8-12 crunches 15-30 second side	30 second high knees	(Chest, Arms, Shoulders)	Choose any 3 exercises of your choice!! Challenge	Choose 5 stretches to complete.
your bike or play outside!	8 walking forward	plank	15 second Jump rope OR burpees	6-12 pushups	yourself and reach for 5 exercises!!	Complete each stretch for 30-seconds.
	lunges 4 Repeat	8-12 curl-ups Repeat	Repeat	30 second arm circles	Repeat	Repeat
MC1/Stat*	•			30 second shoulder shrugs	Exercise Cards	Click on Stretching and Flexibility document for
		1. com		30 second neck roll	Comments are as an in the comment of the comments of the comme	examples
			23	Repeat		
						NCO-Stor*

14	15	16	17	18	19	20
Outside	Leg Muscles	Core Muscles	Cardio Day!	Upper Body Muscles	Student Choice!!	Stretching and Flexibility
Get some fresh air. Take a walk, skip, run, ride your bike or play outside!	8 squats 8 squat jumps Repeat	8-12 crunches 15-30 second front plank 8-12 mountain climbers Repeat	15-30 jumping jacks 30 second run in place 15 second Jump rope OR mountain climbers Repeat	(Chest, Arms, Shoulders) 6-12 pushups 30 second arm circles 30 second shoulder shrugs 30 second neck roll Repeat	Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!! Repeat	Choose 5 stretche to complete. Complete each stretch for 30-seconds. Repeat Click on Stretching and Flexibility document for examples
21	22	23	24	25	26	27
Outside	Leg Muscles	Core Muscles	Cardio Day!	Upper Body Muscles	Student Choice!!	Stretching and Flexibility
Get some fresh air. Take a walk, skip, run, ride your bike or play outside!	8 backward lunges 8 -12 calf raises 8 walking forward lunges Repeat	8-12 crunches 15-30 second side plank 8-12 curl-ups Repeat	15-30 jumping jacks 30 second high knees 15 second Jump rope OR burpees Repeat	(Chest, Arms, Shoulders) 6-12 pushups 30 second arm circles 30 second shoulder shrugs 30 second neck roll Repeat	Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!! Repeat	Choose 5 stretches to complete. Complete each stretch for 30-seconds. Repeat Click on Stretching and Flexibility document for examples

29	30				
Leg Muscles	Core Muscles				
8 forward lunges	8-12 crunches				
8 squats	15-30 second front plank				
8 squat jumps					
Repeat	climbers				
	Repeat				
	shetterpool				
	Leg Muscles 8 forward lunges 8 squats 8 squat jumps Repeat	Leg Muscles 8 forward lunges 8 squats 8 squat jumps Repeat 8-12 crunches 15-30 second front plank 8-12 mountain climbers Repeat	Leg Muscles 8 forward lunges 8 squats 8 squat jumps Repeat 8-12 crunches 15-30 second front plank 8-12 mountain climbers Repeat Repeat	Leg Muscles 8 forward lunges 8 squats 15-30 second front plank 8 squat jumps Repeat 8-12 mountain climbers Repeat Repeat	Leg Muscles 8 forward lunges 8 squats 8 squat jumps Repeat Repeat Repeat Core Muscles 8-12 crunches 15-30 second front plank 8-12 mountain climbers Repeat