














# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  <b>Leg Muscles</b>  8 forward lunges  8 squats  8 squat jumps  Repeat  	<b>2</b>  <b>Core Muscles</b>  8-12 crunches  15-30 second front plank  8-12 mountain climbers  Repeat  	<b>3</b>  <b>Cardio Day!</b>  15-30 jumping jacks  30 second run in place  15 second Jump rope <b>OR</b> mountain climbers  Repeat  	<b>4</b>  <b>Upper Body Muscles</b>  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat  	<b>5</b>  <b>Student Choice!!</b>  Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!  Repeat  	<b>6</b>  <b>Stretching and Flexibility</b>  Choose 5 stretches to complete.  Complete each stretch for 30-seconds.  Repeat  Click on Stretching and Flexibility document for examples.  
<b>7</b>  <b>Outside</b>  Get some fresh air. Take a walk, hike, play sports, ride your bike or play outside!  	<b>8</b>  <b>Leg Muscles</b>  8 backward lunges  8 -12 calf raises  8 walking forward lunges  Repeat  	<b>9</b>  <b>Core Muscles</b>  8-12 crunches  15-30 second side plank  8-12 curl-ups  Repeat  	<b>10</b>  <b>Cardio Day!</b>  15-30 jumping jacks  30 second high knees  15 second Jump rope <b>OR</b> burpees  Repeat  	<b>11</b>  <b>Upper Body Muscles</b>  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat  	<b>12</b>  <b>Student Choice!!</b>  Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!  Repeat  	<b>13</b>  <b>Stretching and Flexibility</b>  Choose 5 stretches to complete.  Complete each stretch for 30-seconds.  Repeat  Click on Stretching and Flexibility document for examples  

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



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**Outside**

Get some fresh air.  
Take a walk, skip,  
run, ride your bike  
or play outside!



29

**Leg Muscles**

8 forward lunges

8 squats

8 squat jumps

Repeat



30

**Core Muscles**

8-12 crunches

15-30 second front  
plank

8-12 mountain  
climbers

Repeat

