|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | **1****Student Choice!!**Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!Repeat | **2****Stretching and Flexibility**Choose 5 stretches to complete. Complete each stretch for 30-seconds.Repeat Click on Stretching and Flexibility document for examples. |
| **3****Outside**Get some fresh air. Take a walk, hike, play sports, ride your bike or play outside! | **4****Leg Muscles**8 backward lunges8 -12 calf raises8 walking forward lungesRepeat | **5****Core Muscles**8-12 crunches15-30 second side plank8-12 curl-upsRepeat | **6****Cardio Day!**15-30 jumping jacks30 second high knees15 second Jump rope **OR** burpeesRepeat | **7****Upper Body Muscles**(Chest, Arms, Shoulders)6-12 pushups30 second arm circles30 second shoulder shrugs30 second neck rollRepeat | **8****Student Choice!!**Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!Repeat | **9****Stretching and Flexibility**Choose 5 stretches to complete. Complete each stretch for 30-seconds.Repeat Click on Stretching and Flexibility document for examples |
| **10****Outside**Get some fresh air. Take a walk, skip, run, ride your bike or play outside! | **11****Leg Muscles**8 forward lunges8 squats8 squat jumpsRepeat | **12****Core Muscles**8-12 crunches15-30 second front plank8-12 mountain climbersRepeat | **13****Cardio Day!**15-30 jumping jacks30 second run in place15 second Jump rope **OR** mountain climbersRepeat | **14****Upper Body Muscles**(Chest, Arms, Shoulders)6-12 pushups30 second arm circles30 second shoulder shrugs30 second neck rollRepeat | **15****Student Choice!!**Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!Repeat | **16****Stretching and Flexibility**Choose 5 stretches to complete. Complete each stretch for 30-seconds.Repeat Click on Stretching and Flexibility document for examples |
| **17****Outside**Get some fresh air. Take a walk, skip, run, ride your bike or play outside! | **18****Leg Muscles**8 backward lunges8 -12 calf raises8 walking forward lungesRepeat | **19****Core Muscles**8-12 crunches15-30 second side plank8-12 curl-upsRepeat | **20****Cardio Day!**15-30 jumping jacks30 second high knees15 second Jump rope **OR** burpeesRepeat | **21****Upper Body Muscles**(Chest, Arms, Shoulders)6-12 pushups30 second arm circles30 second shoulder shrugs30 second neck rollRepeat | **22****Student Choice!!**Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!Repeat | **23****Stretching and Flexibility**Choose 5 stretches to complete. Complete each stretch for 30-seconds.Repeat Click on Stretching and Flexibility document for examples |
| **24****Outside**Get some fresh air. Take a walk, skip, run, ride your bike or play outside! | **25****Leg Muscles**8 forward lunges8 squats8 squat jumpsRepeat | **26****Core Muscles**8-12 crunches15-30 second front plank8-12 mountain climbersRepeat | **27****Cardio Day!**15-30 jumping jacks30 second run in place15 second Jump rope **OR** mountain climbersRepeat | **28****Upper Body Muscles**(Chest, Arms, Shoulders)6-12 pushups30 second arm circles30 second shoulder shrugs30 second neck rollRepeat | **29****Student Choice!!**Choose any 3 exercises of your choice!! Challenge yourself and reach for 5 exercises!!Repeat | **30****Stretching and Flexibility**Choose 5 stretches to complete. Complete each stretch for 30-seconds.Repeat Click on Stretching and Flexibility document for examples |
| **31****Outside**Get some fresh air. Take a walk, skip, run, ride your bike or play outside! |  |  |  |  |  |  |