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| **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 lunges  8 -12 calf raises  8 walking forward lunges  Repeat | **5**  **Core Muscles**  8-12 crunches  15-30 second side plank  8-12 curl-ups  Repeat | **6**  **Cardio Day!**  15-30 jumping jacks  30 second high knees  15 second Jump rope **OR** burpees  Repeat | **7**  **Upper Body Muscles**  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat | **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 lunges  8 squats  8 squat jumps  Repeat | **12**  **Core Muscles**  8-12 crunches  15-30 second front plank  8-12 mountain climbers  Repeat | **13**  **Cardio Day!**  15-30 jumping jacks  30 second run in place  15 second Jump rope **OR** mountain climbers  Repeat | **14**  **Upper Body Muscles**  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat | **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 lunges  8 -12 calf raises  8 walking forward lunges  Repeat | **19**  **Core Muscles**  8-12 crunches  15-30 second side plank  8-12 curl-ups  Repeat | **20**  **Cardio Day!**  15-30 jumping jacks  30 second high knees  15 second Jump rope **OR** burpees  Repeat | **21**  **Upper Body Muscles**  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat | **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 lunges  8 squats  8 squat jumps  Repeat | **26**  **Core Muscles**  8-12 crunches  15-30 second front plank  8-12 mountain climbers  Repeat | **27**  **Cardio Day!**  15-30 jumping jacks  30 second run in place  15 second Jump rope **OR** mountain climbers  Repeat | **28**  **Upper Body Muscles**  (Chest, Arms, Shoulders)  6-12 pushups  30 second arm circles  30 second shoulder shrugs  30 second neck roll  Repeat | **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! |  |  |  |  |  |  |