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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1:**  Write your own S&C Workout. Be sure it includes running and jumping. Should be about 10 minutes long. | **Set#1: 1x, :30-sec each exercise, break after vertical jump**  Jog in place  Power Jack  Log Jump  123 Heisman  Butt Kick  High Knee  Vertical Jump | **Set #1: 1X**  **:30 sec each**  Jump rope or jog  Straight Arm Jacks  Heisman  Arms out High Knees  Switch Kick  Hit the Floor  Suicide Runs  Mummy Kick | **Set #1: 1X**  **:30-sec each exercise, break after mummy kicks:**  Jog in place  Jumping Jacks  Heisman  Butt Kicks  High Knee  Mummy Kicks | **Set #1: 1X, :30 each no break:**  Jog/Skip/Run  Power Jacks  Log Jump  123 Heisman  Butt Kick  High Knee  Mummy Kick  Vertical Jump |
| **Set #2**  Go for a 15 minute walk with a parent or bike ride. Be sure to follow the CDC guidelines about staying out of groups. | **Set #2: 1X**  **Crushing Cardio**  **:45 seconds of each:**  Jumping Jacks  Front Kicks  Power Squat  Mountain Climbers  1:00 rest then repeat  **Set#3**  **:45 seconds of each:**  Burpees  High Knees  Reverse Lunges  Pushups  1:00 rest then repeat | **Set #2: 1X**  :50 work :10 rest  Flutter Kick  Sit ups  Dolphin Kick  Crunches  Scissor Kick  Dead Bugs  Oblique Left  Oblique Right  Double Leg Lifts  Lemon Squeeze  Set #3, 3X, 1:00 each:  Power Push Ups  Switch Kicks  Falling Pushups  Globe Jumps  Level 3 Drills  Left Kick Only  Right Kick Only | **Set #2: 1X**  **5-4-3-2-1 Workout**  **5 minutes of cardio:**  1 min High Knees  1 min Jumping Jacks  1 min Front Kicks  1 min Jumping Jacks  1 min Run in Place  **4 minutes:**  1 min Walking Lunges  1 min Mountain Climbers  Repeat for total of 4 minutes of workout  **3 minutes:**  10 Pushups/:30 rest  15 Tricep Dips/:30rest  **2 minutes:**  :30 sec Regular Squats  :30 sec Jump Squats  :30 sec Regular Squats  :30 sec Jump Squats  **1 minute:**  Plank | **Set #2 2X, 1 minute each:**  Power Jumps  Moving Push-ups  Belt Kicks  Push-up Jacks  Stance Jacks  Wide Ab Push-up  Hurdle Jumps  **Ab set: :45 sec work/:15 rest**  Flutter Kick  Crunches  Dolphin Kicks  Sit-ups  Scissor Kick  Left Oblique  Right Oblique  Double Leg Lifts  Lemon Squeeze  Flutter Kick  **Set#3: 3X, 1 min each:**  Suicide Runs  Level 1 drills  Power Squats  In & Out Abs  Mountain Climbers  Ski Abs  Cross Jacks |