|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Set #1:** **2X, :30 sec each.**Jump Rope4 Square JumpsWindmillsRussian Twist | **Set#1: 2x, :20s sec each exercise, no break.**Jog in placeJumping JackHeismanButt KickHigh KneeMummy Kicks | **Set #1: 3X**5 Squat to Overhead Raise10 Lateral Lunge10 Triceps Kickback | **Set #1: 3X****20-sec each exercise, no break.**Jog in placeJumping JacksHigh KneesButt KicksHigh KneePushups | **Set #1: 3X**10 Renegade Rows10 Rotational Should Press10 Transverse Lunge | **Set #1: 3X**Write your own S&C Workout. Post it on the FB group and add pictures of you doing the workout. |
| **Set #2:** **2X at: 30 sec each.**TP PlankTP KickTP PushupsTP SideplanksTP Streamline V-situpsTP Swivel HipsTP Butterfly DrillTP Standing Streamline Lunge | **Set #2: 2X** **:20-sec each exercise,** **No break, go through each set before you break.**Suicide RunsSwitch KicksFootball RunsStance JacksPedal LungesHook 8 & Jump 4Power Jacks**Set #3: 2X**Level 2 Drills with Floor SprintsFrog JumpsPower KneesMountain Climbers Ski DownScissor KicksBurpeesPushup Jacks | **Set #2: 5X**Ladder Drill using high knee march25 feet Skip for Height | **Set #2: 2X****:20-sec each exercise**No break, go through each set before your break. Table Top SquatsLemon SqueezesPushupsKnee SquatsLemon SqueezePushups:45-sec Water Break**Set #3: 2x****:20-sec each exercise**Level 2 Drills at a fast pass6 Pushups6 Squat Hops:45-sec Water Break | **Set #2 5X**Hurdle Drill: Using 4 or 6 inch hurdles and using pattern 1, 12, 123, 1234, etc25 feet of karaoke | **Set #2**Go for a 20 minute walk with a parent or bike ride. Be sure to follow the CDC guidelines about staying out of groups. |

Monday spell your name workout chart:

A: 5 Pushups N: 10 Pushups

B: 10 Jumping Jacks O: 10 Lunges

C: 5 Crunches P: 6 Triceps Dips

D: 5 Burpees Q: 15 Jumping Jacks

E: 30-Second Wall Sit R: 30-Second Plank

F: 10 Arm Circles S: 20 Bicycle Crunches

G: 10 Squats T: 40-Second Wall Sit

H: 20 Jumping Jacks U: 20 High Knees

I: 20-Second Plank V: 12 Squats

J: 10 Mountain Climbers W: 8 Triceps Dips

K: 10 Crunches X: 6 Mountain Climbers

L: 7 Burpees Y: 6 Jumping Lunges

M: 5 Squat Jumps Z: 15 Crunches

Tuesday and Thursday:

1st round should be for form.

2nd round increase speed and effort.

3rd round is max reps in the time allotted.