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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Set #1:** **Spell** **Happy Birthday America****See chart below this workout calendar** | **Set#1: 3x, :30-sec each exercise, break after vertical jump**Jog in placePower JackLog Jump123 HeismanButt KickHigh KneeVertical Jump | **Set#1: 3x: Be sure to keep your core tightened during these exercises:**20 Pushups1 minute Standing Streamline 1 minute Streamline flutter kick on the floor1 minute Streamline dolphin kick on the floor | **Set #1: 3X****:30-sec each exercise, break after mummy kicks:**Jog in placeJumping JacksHeismanButt KicksHigh KneeMummy Kicks | **Set #1: 2X, :30 sec each.**Jump RopeFlutter KickSupermanWindmillsRussian Twist | **Set #1: 5X**Using sidewalk chalk draw a red circle, white circle and blue circle the size of hula hoops. They can be side by side or in a line away from you. Draw a line on the ground that you have to stand on. Fill up at least 9 water balloons. With an overhanded throw. Aim at each circle. The circle closest is 5 points the next is 10 points the last is 15 points. How many points did you get? Be and throw the same number of balloons at each circle.  |
| **Set #2:** **3X**:50 work :10 restFlutter KickSit upsDolphin KickCrunchesScissor KickDead BugsOblique LeftOblique RightDouble Leg LiftsLemon SqueezeSet #3, 3X, 1:00 each:Power Push UpsSwitch KicksFalling PushupsGlobe JumpsLevel 3 DrillsLeft Kick OnlyRight Kick Only | **Set #2: 3X** **Crushing Cardio****:45 seconds of each:** Jumping JacksFront KicksPower SquatMountain Climbers1:00 rest then repeatSet#3:45 seconds of each:BurpeesHigh KneesReverse LungesPushups1:00 rest then repeat | **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. | **Set #2 3X****5-4-3-2-1 Workout****5 minutes of cardio:**1 min High Knees1 min Jumping Jacks1 min Front Kicks1 min Jumping Jacks1 min Run in Place4 minutes:1 min Walking Lunges1 min Mountain ClimbersRepeat for total of 4 minutes of workout3 minutes:10 Pushups/:30 rest15 Tricep Dips/:30rest2 minutes::30 sec RegularSquats:30 sec Jump Squats:30 sec Regular Squats:30 sec Jump Squats1 minute:Plank | **Set #2 5X**Cone Drills: Challenge #2 Make each letter 2x50 ft Sidestep50 ft Karaoke 50 ft Sidestep | Set #2:Have a backyard bbq, cookout with your family. Go for a swim, play in the sprinklers, jump rope, play capture the flag. Just have fun celebrating the 4th of July with your family!! Happy Birthday America!! |

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