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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 place  Power Jack  Log Jump  123 Heisman  Butt Kick  High Knee  Vertical Jump | **Set#1: 3x: Be sure to keep your core tightened during these exercises:**  20 Pushups  1 minute Standing Streamline  1 minute Streamline flutter kick on the floor  1 minute Streamline dolphin kick on the floor | **Set #1: 3X**  **:30-sec each exercise, break after mummy kicks:**  Jog in place  Jumping Jacks  Heisman  Butt Kicks  High Knee  Mummy Kicks | **Set #1: 2X, :30 sec each.**  Jump Rope  Flutter Kick  Superman  Windmills  Russian 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 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: 3X**  **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**  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 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 5X**  Cone Drills: Challenge #2 Make each letter 2x  50 ft Sidestep  50 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