|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Set #1:** **2X, :30 sec each.**  Jump Rope  Flutter Kick  Superman  Windmills  Russian Twist | **Set#1: 3x, :30s sec each exercise, no break.**  Jog in place  Jumping Jacks  123 Heisman  High Knee arms out  Butt Kicks  High Knee  Mummy Kicks | **Set #1: 3X Using an exercise ball, laying on your back**  10 Sit-Ups with feet flat on the floor  10 Sit-ups Twists  10 Sit-ups with Extended Arms | **Set #1: 3X**  **:30-sec each exercise, no break.**  Jog in place  Power Jacks  Log Jump  Heisman  Butt Kicks  High Knee  Vertical Jumps | **Set #1: 3X**  2X Using an exercise ball laying on your stomach  10 Back Extensions  10 Core Climber  10 Prone Cobra | **Set #1: 3X**  1 min Jump Rope  20 Squats  1 min Jump Rope  15 Push-ups  1 min Jump Rope  15 Inverted Rows  1 min Jump Rope  10 Reverse Lunges lt  1 min Jump rope  10 Reverse Lunges rt  1 min Jump Rope  15 Mountain Climbers  5 min Jump Rope |
| **Set #2:** **2X No break till walking recovery**  Set#1:  25yd Sprint  10 Burpees  25yd Sprint  20 V-Sit-ups  25yd Sprint  10 Push-ups  25yd Sprint  10 Squats  50 yd walking recovery between sets  Set #2: 1X. 1min for each exercise.  Plank  Rt Side Plank  Lt Side Plank  Rt Side Plank with leg lift  Lt Side Plank with leg lift  Regular Plank with right leg lift  Regular Plank with left leg lift  Jog 5 minutes | **Set #2: 3X :**  **1 min for each exercise. No break till finished. 1 min break after each set**  Set#1  Suicide Runs  Power Squats  Mountain Climbers  Ski Down  Scissor Kick  Football Run 4 sec and plank hold 4 sec  1 min break  Set #2  Basketball Jumps  Level 3 Drills (8Pushups/8 Floor Sprints)  Ski Abs  In&Out Abs  Jabs  Cross Jax  Upper Cuts  Attack  1 min Break | **Set #2: 5X**  Spell out your school’s name using the chart below this workout calendar. | **Set #2: 3X**  **1 min for each exercise. No break till finished. 1 min break after each set**  Set #1  Power Jumps  Belt Kicks  Hit the Floor  V-Push Ups  Triceps Dips  Ball Triceps  1 min Break  Set #2  Hurdle Jumps  Globe Jumps  Moving Push Ups  Floor Sprints  Level 1 Drills (2pushups/2 sec floor sprints)  1 Min Break | **Set #2**  **5-4-3-2-1 Workout**    5 min of cardio: examples are running, high knees, jumping jacks  4 min:  1min walking lunges  1 min mountain climbers  Repeat 2x  3 min:  10 push-ups  15 Triceps dips  Repeat for 3 min  2 min:  :30 Squats  :30 Jump Squats  :30 Squats  :30 Jump Squats  1 min:  Plank | **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. |

***Use the following chart to spell out your school’s name:***

A: 5 Pushups N: 10 Pushups

B: 10 Jumping Jacks O: 10 Lunges

C: 5 Crunches P: 6 Tricep 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 Tricep Dips

K: 10 Crunches X: 6 Mountain Climbers

L: 7 Burpees Y: 6 Jumping Lunges

M: 5 Squat Jumps Z: 15 Crunches