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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Set #1: 3X**Write your own S&C Workout. Be sure it includes running and jumping. Should be about 15 minutes long. | **Set#1: 3x, :30-sec each exercise, break after vertical jump**Jog in placePower JackLog Jump123 HeismanButt KickHigh KneeVertical Jump | **Set #1: 3X****:30 sec each**Jump rope or jogStraight Arm JacksHeismanArms out High KneesSwitch KickHit the FloorSuicide RunsMummy Kick | **Set #1: 3X****:30-sec each exercise, break after mummy kicks:**Jog in placeJumping JacksHeismanButt KicksHigh KneeMummy Kicks | **Set #1: 3X, :30 each no break:**Jog/Skip/RunPower JacksLog Jump123 HeismanButt KickHigh KneeMummy KickVertical Jump |
| **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** **Crushing Cardio****:45 seconds of each:** Jumping JacksFront KicksPower SquatMountain Climbers1:00 rest then repeat**Set#3****:45 seconds of each:**BurpeesHigh KneesReverse LungesPushups1:00 rest then repeat | **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****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 Place**4 minutes:**1 min Walking Lunges1 min Mountain ClimbersRepeat for total of 4 minutes of workout**3 minutes:**10 Pushups/:30 rest15 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 3X, 1 minute each:**Power JumpsMoving Push-upsBelt KicksPush-up JacksStance JacksWide Ab Push-upHurdle Jumps**Ab set: :45 sec work/:15 rest**Flutter KickCrunchesDolphin KicksSit-upsScissor KickLeft ObliqueRight ObliqueDouble Leg LiftsLemon SqueezeFlutter Kick**Set#3: 3X, 1 min each:**Suicide RunsLevel 1 drillsPower SquatsIn & Out AbsMountain ClimbersSki AbsCross Jacks |