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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Set #1:** **2X, :30 sec each.**Jump RopeFlutter KickSupermanWindmillsRussian Twist | **Set#1: 3x, :30s sec each exercise, no break.**Jog in placeJumping Jacks123 HeismanHigh Knee arms outButt KickHigh KneeMummy Kick | **Set #1: 3X :30-sec each exercise, no break.**Squat to Overhead RaiseLateral LungeTriceps Kickback | **Set #1: 3X****:30-sec each exercise, no break.**March/Skip/RunJumping JacksSpeed SkatersJump RopeHigh KneeButt KickMummy Kick | **Set #1:** **2X, :30 sec each.**Jump RopeFlutter KickSupermanWindmillsRussian Twist | **Set #1: 3X**Balloon Drills: Using challenge #1 50 ft Run |
| **Set #2:** **5X**Hurdle Drill: Using 4 to 6 inch hurdles and using patter 1, 12, 123, 1234, etc50 ft Run50 ft Skip for distance50 ft Run | **Set #2: 3X :****1 min for each exercise. No break till finished. 1 min break after each set**Set#1Push UpsFloor SprintsMoving Push upsIn&Out AbsPlank PunchesSki AbsPush Up Jacks1 min breakSet #2, 1xAbs:45 on :15 off Flutter KickCrunchesDolphin KickSit UpsOblique LeftOblique RightSit UpsScissor Kick AbsCrunchesFlutter KickSet #3 1 min each, 3xPower JumpsPogo RightPogo LeftPower SquatBelt KicksFrog Jumps forward and backPedal Lunges | **Set #2: 10X**Ladder Drill using high knee march50 ft Skipping for Height, be sure to use arms to drive your body up. Try to hang in the air with each skip | **Set #2: 3X Upper Body. 1 min for each exercise. No break till finished. 1 min break after each set**Set #1Bear CrawlDive BombersSplit Push UpsTriangle WalksPlank Barrel RollsSet #2, Abs, 1x:45 sec on :15 restFlutter KickCrunchesDolphin KickSit UpsDouble Leg LiftsLemon SqueezersScissor KicksOblique RightOblique LeftFlutter KickSet #3, 3x1 mi each with 1 min break at end of each round.Low Lunge Roll LeftLow Lunge Roll RightSide Lunge(Squat Alternate left & right)Table Top--Lunges/SquatSquat :30, :30 pulseLunge Left :15, :15 pulseLunge Right:15 sec, :15 pulse | **Set #2** **Set #2 5X**Cone Drills: Challenge #2 Make each letter 2x50 ft Sidestep50 ft Karaoke 50 ft Sidestep | **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. |