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| **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 Kick  High Knee  Mummy Kick | **Set #1: 3X :30-sec each exercise, no break.**  Squat to Overhead Raise  Lateral Lunge  Triceps Kickback | **Set #1: 3X**  **:30-sec each exercise, no break.**  March/Skip/Run  Jumping Jacks  Speed Skaters  Jump Rope  High Knee  Butt Kick  Mummy Kick | **Set #1:** **2X, :30 sec each.**  Jump Rope  Flutter Kick  Superman  Windmills  Russian 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, etc  50 ft Run  50 ft Skip for distance  50 ft Run | **Set #2: 3X :**  **1 min for each exercise. No break till finished. 1 min break after each set**  Set#1  Push Ups  Floor Sprints  Moving Push ups  In&Out Abs  Plank Punches  Ski Abs  Push Up Jacks  1 min break  Set #2, 1x  Abs:45 on :15 off  Flutter Kick  Crunches  Dolphin Kick  Sit Ups  Oblique Left  Oblique Right  Sit Ups  Scissor Kick Abs  Crunches  Flutter Kick  Set #3 1 min each, 3x  Power Jumps  Pogo Right  Pogo Left  Power Squat  Belt Kicks  Frog Jumps forward and back  Pedal Lunges | **Set #2: 10X**  Ladder Drill using high knee march  50 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 #1  Bear Crawl  Dive Bombers  Split Push Ups  Triangle Walks  Plank Barrel Rolls  Set #2, Abs, 1x  :45 sec on :15 rest  Flutter Kick  Crunches  Dolphin Kick  Sit Ups  Double Leg Lifts  Lemon Squeezers  Scissor Kicks  Oblique Right  Oblique Left  Flutter Kick  Set #3, 3x  1 mi each with 1 min break at end of each round.  Low Lunge Roll Left  Low Lunge Roll Right  Side Lunge(Squat Alternate left & right)  Table Top--Lunges/Squat  Squat :30, :30 pulse  Lunge Left :15, :15 pulse  Lunge Right:15 sec, :15 pulse | **Set #2**  **Set #2 5X**  Cone Drills: Challenge #2 Make each letter 2x  50 ft Sidestep  50 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. |