|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **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 KicksHigh KneeMummy Kicks | **Set #1: 3X Using an exercise ball, laying on your back**10 Sit-Ups with feet flat on the floor10 Sit-ups Twists10 Sit-ups with Extended Arms | **Set #1: 3X****:30-sec each exercise, no break.**Jog in placePower JacksLog JumpHeismanButt KicksHigh KneeVertical Jumps | **Set #1: 3X**2X Using an exercise ball laying on your stomach10 Back Extensions10 Core Climber10 Prone Cobra |
| **Set #2:** **2X No break till walking recovery**Set#1:25yd Sprint10 Burpees25yd Sprint20 V-Sit-ups25yd Sprint10 Push-ups25yd Sprint10 Squats50 yd walking recovery between setsSet #2: 1X. 1min for each exercise. PlankRt Side PlankLt Side PlankRt Side Plank with leg liftLt Side Plank with leg liftRegular Plank with right leg liftRegular Plank with left leg liftJog 5 minutes | **Set #2: 3X :****1 min for each exercise. No break till finished. 1 min break after each set**Set#1Suicide RunsPower SquatsMountain ClimbersSki DownScissor KickFootball Run 4 sec and plank hold 4 sec1 min breakSet #2Basketball JumpsLevel 3 Drills (8Pushups/8 Floor Sprints)Ski AbsIn&Out AbsJabsCross JaxUpper CutsAttack1 min Break | **Set #2: 5X**Spell out **Hearts, Flowers and Candy**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 #1Power JumpsBelt KicksHit the FloorV-Push UpsTriceps DipsBall Triceps1 min BreakSet #2Hurdle JumpsGlobe Jumps Moving Push UpsFloor SprintsLevel 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 jacks4 min:1min walking lunges1 min mountain climbersRepeat 2x3 min: 10 push-ups15 Triceps dipsRepeat for 3 min2 min::30 Squats:30 Jump Squats:30 Squats:30 Jump Squats1 min:Plank |

***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