|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Set #1:** **Spell**  **Circle C Select Swim**  **See chart below this workout calendar** | **Set#1: 2x, 30-second each exercise, no break until after vertical jumps**  Jog in place  Power Jack  Log Jump  123 Heisman  Butt Kick  High Knee  Vertical Jump | **Set #1: 2X**  **Using a exercise ball, laying on your back**  10 Sit-ups with feet flat on the floor  10 Sit-up twists  10 Sit-ups with extended arms | **Set #1: 2X**  **30-sec each exercise, no break till after mummy kicks:**  Jog in place  Jumping Jacks  Heisman  Butt Kicks  High Knee  Mummy Kicks | **Set #1: 2X**  **Using the exercise ball laying on your stomach**  15 Back Extensions  15 Core Climber  15 Prone Cobra | **Set #1: 5X**  Fill 3 balloons with water toss and catch in the air for 1 minute. If you do not have water balloons use a tennis ball. Tosses should be higher than your head. |
| **Set #2:**  Jog in place to your 3 favorite songs. Must be a minimum of 10 minutes. | **Set #2: 2X**  **:30-sec each exercise**  Power Jump  Belt Kicks  Hit the Floor  V-Pushups  :30 rest  Triceps dips  1:00 Water Break  **Set #3: 2X**  **:30sec for exercise**  Hurdle Jumps  Globe jumps  Moving Push Ups  Floor Runs/Sprints  :30 Rest  Level 2 Drills (6 Pushups/6 Squats)  1:00 Water Break | **Set #2: 2X**  Put on your favorite music. Grab your jump rope.  1st, 3rd and 5th times:  Jumping for 3 minutes. Jumping with both feet together. Resting 1 minute after 1st,3rd and 5th jumping sessions.  2nd time: on right foot.  4th time:  Jump for 1 minute on left foot. | **Set #2: 2X**  **:30-sec each exercise**  Suicide Drill  Power Squats  Mountain Climbers  Ski Down  Switch Kick  :45-sec Water Break  **Set #3: 2x**  **:30-sec each exercise**  Basketball Jumps  Level 1 Drills  Ski Abs  In and Out Abs  Cross Jacks  :45-sec Water Break | **Set #2 4X**  Cone Drills: Challenge #2 Make each letter 2x  25 feet of 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. |

Monday spell your name workout chart:

A: 5 Pushups N: 10 Pushups

B: 10 Jumping Jacks O: 10 Lunges

C: 5 Crunches P: 6 Triceps 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 Triceps Dips

K: 10 Crunches X: 6 Mountain Climbers

L: 7 Burpees Y: 6 Jumping Lunges

M: 5 Squat Jumps Z: 15 Crunches

Tuesday and Thursday:

1st round should be for form.

2nd round increase speed and effort.

3rd round is max reps in the time allotted.