|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 placePower JackLog Jump123 HeismanButt KickHigh KneeVertical Jump | **Set #1: 2X****Using a exercise ball, laying on your back**10 Sit-ups with feet flat on the floor10 Sit-up twists10 Sit-ups with extended arms | **Set #1: 2X****30-sec each exercise, no break till after mummy kicks:**Jog in placeJumping JacksHeismanButt KicksHigh KneeMummy Kicks | **Set #1: 2X****Using the exercise ball laying on your stomach**15 Back Extensions15 Core Climber15 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 JumpBelt KicksHit the FloorV-Pushups:30 restTriceps dips1:00 Water Break**Set #3: 2X****:30sec for exercise** Hurdle JumpsGlobe jumpsMoving Push UpsFloor Runs/Sprints:30 RestLevel 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 DrillPower SquatsMountain ClimbersSki DownSwitch Kick:45-sec Water Break**Set #3: 2x****:30-sec each exercise**Basketball JumpsLevel 1 DrillsSki AbsIn and Out AbsCross Jacks:45-sec Water Break | **Set #2 4X**Cone Drills: Challenge #2 Make each letter 2x25 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.