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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#1:2x,: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: 2X :30-sec each exercise, no break.**  Squat to Overhead Raise  Lateral Lunge  Triceps Kickback | **Set #1: 2X**  **: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    25 ft Run |
| **Set #2:** **5X**  Hurdle Drill: Using 4 to 6 inch hurdles and using patter 1, 12, 123, 1234, etc  25 ft Run  25 ft Skip for distance  25 ft Run | **Set #2: 3X :**  **:45 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: 6X**  Ladder Drill using high knee march, then Grapevine  25 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. :45 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 5X**  Cone Drills: Challenge #2 Make each letter 2x  25 ft Sidestep  25 ft Karaoke  25 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. |