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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Set #1:** **2X, :30 sec each.**Jump RopeFlutter KickSupermanWindmillsRussian Twist | **Set#1:2x,:30s sec each exercise, no break.**Jog in placeJumping Jacks123 HeismanHigh Knee arms outButt KickHigh KneeMummy Kick | **Set #1: 2X :30-sec each exercise, no break.**Squat to Overhead RaiseLateral LungeTriceps Kickback | **Set #1: 2X****:30-sec each exercise, no break.**March/Skip/RunJumping JacksSpeed SkatersJump RopeHigh KneeButt KickMummy Kick | **Set #1:** **2X, :30 sec each.**Jump RopeFlutter KickSupermanWindmillsRussian 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, etc25 ft Run25 ft Skip for distance25 ft Run | **Set #2: 3X :****:45 for each exercise. No break till finished. 1 min break after each set**Set#1Push UpsFloor SprintsMoving Push upsIn&Out AbsPlank PunchesSki AbsPush Up Jacks1 min breakSet #2, 1xAbs:45 on :15 off Flutter KickCrunchesDolphin KickSit UpsOblique LeftOblique RightSit UpsScissor Kick AbsCrunchesFlutter KickSet #3 1 min each, 3xPower JumpsPogo RightPogo LeftPower SquatBelt KicksFrog Jumps forward and backPedal Lunges | **Set #2: 6X**Ladder Drill using high knee march, then Grapevine25 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 #1Bear CrawlDive BombersSplit Push UpsTriangle WalksPlank Barrel RollsSet #2, Abs, 1x:45 sec on :15 restFlutter KickCrunchesDolphin KickSit UpsDouble Leg LiftsLemon SqueezersScissor KicksOblique RightOblique LeftFlutter KickSet #3, 3x1 mi each with 1 min break at end of each round.Low Lunge Roll LeftLow Lunge Roll RightSide Lunge(Squat Alternate left & right)Table Top--Lunges/SquatSquat :30, :30 pulseLunge Left :15, :15 pulseLunge Right:15 sec, :15 pulse | **Set #2 5X**Cone Drills: Challenge #2 Make each letter 2x25 ft Sidestep25 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. |