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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Set #1:** **2X, :45 sec each.**  Jump Rope  4 Square Jumps  Windmills  Russian Twist | **Set#1: 2x,:45sec each exercise, no break.**  Jog in place  Jumping Jack  Heisman  Butt Kick  High Knee  Mummy Kicks | **Set #1: 3X**  15 Squat to Overhead Raise  16 Lateral Lunge  16 Triceps Kickback | **Set #1: 3X**  **:45-sec each exercise, no break.**  Jog in place  Jumping Jacks  High Knees  Butt Kicks  High Knee  Pushups | **Set #1: 3X**  16 Renegade Rows  16 Rotational Should Press  16 Transverse Lunge | **Set #1: 3X**  Write your own S&C Workout. Post it on the FB group and add pictures of you doing the workout. |
| **Set #2:** **2X at: 45 sec each.**  TP Plank  TP Kick  TP Pushups  TP Sideplanks  TP Streamline V-situps  TP Swivel Hips  TP Butterfly Drill  TP Standing Streamline Lunge | **Set #2: 2X**  **:45-sec each exercise,**  **No break, go through each set before you break.**  Suicide Runs  Switch Kicks  Football Runs  Stance Jacks  Pedal Lunges  Hook 8 & Jump 4  Power Jacks  **Set #3: 2X**  Level 2 Drills with Floor Sprints  Frog Jumps  Power Knees  Mountain Climbers  Ski Down  Scissor Kicks  Burpees  Pushup Jacks | **Set #2: 10X**  Ladder Drill using high knee march  50 feet Skip for Height | **Set #2: 2X**  **:45-sec each exercise**  No break, go through each set before your break.  Table Top Squats  Lemon Squeezes  Pushups  Knee Squats  Lemon Squeeze  Pushups  :45-sec Water Break  **Set #3: 2x**  **:45-sec each exercise**  Level 2 Drills at a fast pass  6 Pushups  6 Squat Hops  :45-sec Water Break | **Set #2 5X**  Hurdle Drill: Using 4 or 6 inch hurdles and using pattern 1, 12, 123, 1234, etc  50 feet of karaoke | **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.