



Students at home should continue their physical activity each day while at home.

Workout time 25-35 minutes

**Warm up: a light jog for 3- minutes**

Stretch: stretch large muscle groups and work on extending flexibility 3-5 minutes

**Monday -Wednesday and Fridays--20 minutes**

Students should choose from a variety of activities that may include but not limited the following:

Jump ropes, off and on jogging, bicycling, skate boarding, playing basketball, playing catch with a friend or parent, walking on sidewalks or in city park.

**Tuesday and Thursdays--20 minutes**

Strength Training: choose from a variety of activities that may include but not limited to the following:

planking, push ups from knees or regular, burpees, sit ups, air squats or by using a chair.

Progression: 3 sets of 10 sit ups, 3 sets of 10 air squats, 2 sets of 5 burpees and push- ups building up to 5 properly performed push-ups moving toward 3 sets of 5 push ups.

Cool Down after each workout. Drink plenty of water, stretch large and small muscle groups and keep a log of activity and new goals.

Health Tips for the duration of the home work out is to Wash hands, read a book and participate in an online workout if capable.