

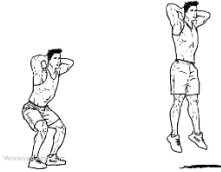
MONDAY

PE Homework Workout

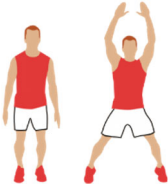
MUST BE DONE WITH ADULT SUPERVISION

1 minute each exercise. No rest between exercises

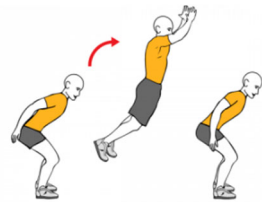
1. Front to back jump squats



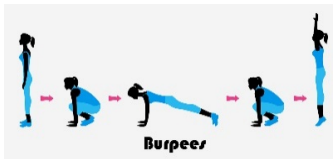
2. Jumping Jacks



3. Frog Jumps



4. Burpees



5. Crab Walks

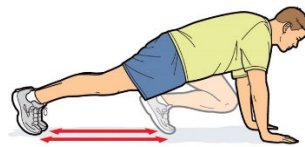
CRAB WALKS



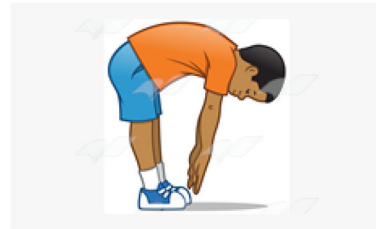
6. Sit Ups



7. Mountain Climbers



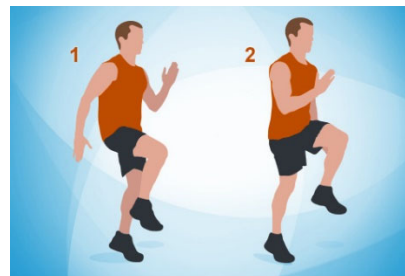
8. Toe Touches



9. Lunges



10. High Knees



TUESDAY

PE Homework Workout

MUST BE DONE WITH ADULT SUPERVISION

1 minute each exercise. No rest between exercises

1. Rabbit Hops



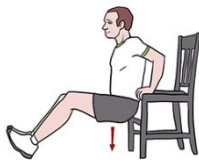
2. Jog in place



3. Butt Kicker Run



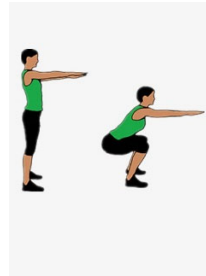
4. Chair Dip



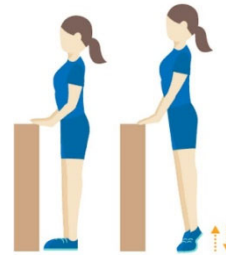
5. Pushups



6. Squats



7. Calf Raises



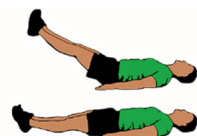
8. Surrenders



9. Planks



10. Leg Lifts



WEDNESDAY

MUST BE DONE WITH ADULT SUPERVISION

Go outside and do something physical active

Ride your bike

Play ball or tag

Go for a walk

OR

Choose one of the following activities



PLAYING CARD FITNESS

A - 15 JUMPING JACKS
K - 4 BURPEES
Q - 23 LINE JUMPS
J - 4 PUSH UPS
10 - SQUATS
9 - CURL UPS
8 - ARM CIRCLES
7 - HEEL RAISES
6 - PLANK FOR 30 SECONDS!
5 - 10 REVERSE LUNGES
4 - 7 LUNGES
3 - MOUNTAIN CLIMBERS
2 - JOG 2 LAPS



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UNO Workout

Yellow: Jumping Jacks
Green: Squats
Red: 30 second Planks
Blue: push ups
Action cards: 10 of your choice



what's your name? workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 10 jumping jacks

B 5 push-ups

C 1 burpee

D 20 high knees

E 5 crunches

F 10 mountain climbers

G 5 squats

H 10 front lunges

I 10 side lunges

J 10 second wall sit

K 5 calf raises

L 5 second plank

M 3 squat jumps

N 10 second jump rope

O 10 russian twists

P 5 plie squats

Q 10 arm circles

R 10 skaters

S 10 second jog in place

T 10 butt kickers

U 5 inchworms

V 5 tricep dips

W 3 star jumps

X 5 bird dogs

Y 10 leg raises

Z 5 squat jacks

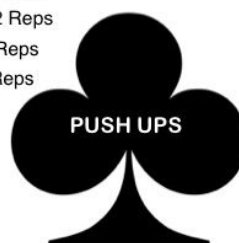
CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



DECK OF CARDS WORKOUT



NUMBERS:
 1-10: Number of Reps
 Jack: 11 Reps
 Queen: 12 Reps
 King: 13 Reps
 Ace: 14 Reps



THURSDAY

MUST BE DONE WITH ADULT SUPERVISION

Create your own Boot Camp Adventure

Here are some ideas. Pick 10 Exercises

1 minute each exercise. No rest between exercises



FRIDAY

MUST BE DONE WITH ADULT SUPERVISION

Turn on your favorite dancing music for 30 minutes and dance it out.

You can choose one of these videos to follow along with, if you choose.

https://www.youtube.com/watch?v=sHd2s_saYsQ

<https://www.youtube.com/watch?v=yQ4fTl4wbko>