

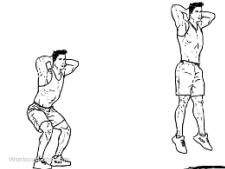
# MONDAY

## PE Homework Workout

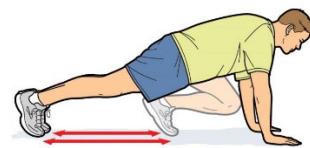
### **MUST BE DONE WITH ADULT SUPERVISION**

1 minute each exercise. No rest between exercises

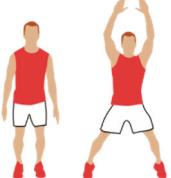
#### 1. Front to back jump squats



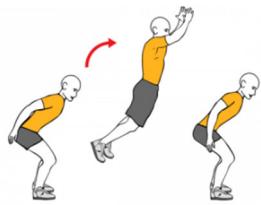
#### 7. Mountain Climbers



#### 2. Jumping Jacks



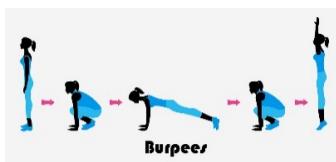
#### 3. Frog Jumps



#### 8. Toe Touches



#### 4. Burpees



#### 9. Lunges



#### 5. Crab Walks

#### CRAB WALKS



#### 10. High Knees



#### 6. Sit Ups



TUESDAY

## PE Homework Workout

### **MUST BE DONE WITH ADULT SUPERVISION**

1 minute each exercise. No rest between exercises

#### 1. Rabbit Hops



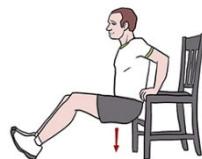
#### 2. Jog in place



#### 3. Butt Kicker Run



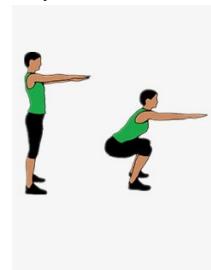
#### 4. Chair Dip



#### 5. Pushups



#### 6. Squats



#### 7. Calf Raises



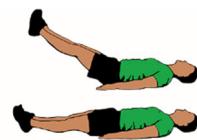
#### 8. Surrenders



#### 9. Planks



#### 10. Leg Lifts



WorkoutLabs.com

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



**UNO Workout**

**Yellow: Jumping Jacks**

**Green: Squats**

**Red: 30 second Planks**

**Blue: push ups**

**Action cards: 10 of your choice**



# workout for beginners what's your name?

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.

<b>A</b> 10 jumping jacks	<b>N</b> 10 second jump rope
<b>B</b> 5 push-ups	<b>O</b> 10 russian twists
<b>C</b> 1 burpee	<b>P</b> 5 plie squats
<b>D</b> 20 high knees	<b>Q</b> 10 arm circles
<b>E</b> 5 crunches	<b>R</b> 10 skaters
<b>F</b> 10 mountain climbers	<b>S</b> 10 second jog in place
<b>G</b> 5 squats	<b>T</b> 10 butt kickers
<b>H</b> 10 front lunges	<b>U</b> 5 inchworms
<b>I</b> 10 side lunges	<b>V</b> 5 tricep dips
<b>J</b> 10 second wall sit	<b>W</b> 3 star jumps
<b>K</b> 5 calf raises	<b>X</b> 5 bird dogs
<b>L</b> 5 second plank	<b>Y</b> 10 leg raises
<b>M</b> 3 squat jumps	<b>Z</b> 5 squat jacks

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - [WWW.THEYSMELL.COM](http://WWW.THEYSMELL.COM)

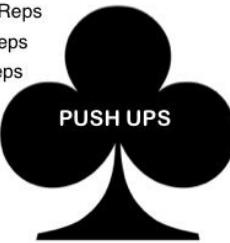
# KIDS YOGA



## 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=sHd2s_saYsQ)

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