

**Monday:** Today we are going to jump right into four new exercises. After that, we'll have our "Mr. K Challenge"!

- **Exercise #1: Lateral Jumps (One Foot)**

- Instructions:
  - Stand on one foot.
  - Bend your knee and jump to your other foot.
  - Repeat and jump back to your other foot.
  - Note: You should do this while staying centered and squared. It can help to stay squared by facing the same object or wall the whole time!
- See below for a demonstration:



- Challenge:
  - Try 10 lateral jumps in a row. Do them slowly.
  - Try 10 lateral jumps in a row. Do them quickly.
  - Try 1 minute of lateral jumps slowly or quickly without stopping!

- **Exercise #2: Bicycles**

- Instructions:
  - Lay on your back in a sit up position
  - Stretch your right leg out and bring your left knee in towards your chest. Try to tap your left knee with your right elbow.
  - Switch the motion with your other leg and elbow!
- See below for a demonstration:



- Challenge:
  - Try 10 bicycles without stopping, but go slowly.
  - Try 10 bicycles without stopping, but go quickly!
  - Try 1 minute of bicycles without stopping. Go as fast or as slowly as you like!
  - For an extra challenge, try as many bicycles as you can and count how many you can do.

- **\*For a challenge up to this point, try to do the following without stopping:**

- 10 lateral jumps
- 12 bicycles
- 10 lateral jumps

- **Tuck Jumps**

- Instructions:
  - Simply squat down and jump as high as you can!
  - While in the air, tuck your legs underneath your bottom as if you're jumping OVER an object.
- See below for a demonstration:



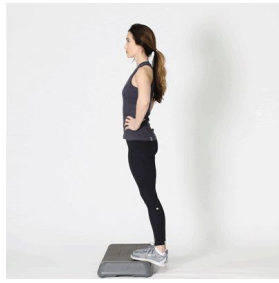
- Try doing 7 tuck jumps as high as you can. Remember to pump your arms for extra power!
- Try your maximum number of tuck jumps without stopping. How many can you get?

- **Calf Raises**

- This is a very simple exercise to make your calf muscles stronger. It may seem easy, but it can be tough to do a lot of them!
- Instructions:
  - Stand flat footed with your feet apart.
  - Stand on your tippy toes.
  - Stand flat footed again.
- See below for a demonstration:



- Variations: you can always tweak an exercise like this to make it more challenging. Here are three ways to make calf raises a bit tougher:
  - Stand on one foot at a time. This should be a test for your balance too!
  - Try holding some type of weighted item while doing regular calf raises. A big book should work great!
  - Try standing on something like a step. This way, when you go down to the flat footed position, you can go a bit lower. Note: this may take practice and you may want to try holding something for support! See below for a demonstration of this variation:



- Try doing 7 regular calf raises. Do them very slowly!
- Try doing 15 calf raises. It may seem easy at first but it will get harder!
- Now try one of the variations mentioned above. Do 10 of the variation that you choose.

- **Final Workout Routine:**

- Now that we have these four new exercises, let's try a challenging sequence. Try the following without stopping:
  - 6 lateral jumps
  - 10 bicycles
  - 5 jump tucks
  - 10 calf raises
- Nice work!

- **Mr. K Challenge - Jumping over objects**

- [Video](#)
  - Here are some simple ways to make use of the objects you have at your house!
  - Here are the types of jumps that I did:
    - 2 feet together (there and back)
    - 1 foot at a time forwards (there and back for each foot)
    - 1 foot at a time side to side (there and back for each foot)
    - Running the ladder - this isn't a jump, but it's good practice for quick feet!

**Tuesday:** Today we are going to mix it up and have a dance day! Dancing is a great way to move your body while having some fun! I have three challenges for you today. The first challenge is for you to spend 30 minutes on your feet dancing to some music. The second challenge is to learn a new dance or master one that you already know! After dancing, we'll have our second challenge "Mr. K Challenge"!

- **Dance:** If you need some inspiration, I've put together a few playlists of songs to dance to. See below for some great tunes that will get you moving!
  - **Pop Playlist:**
    - [Happy](#)
    - [I Gotta Feeling](#)
    - [Party in the USA](#)
    - [Firework](#)
    - [Can't Stop the Feeling](#)
    - [Call Me Maybe](#)
    - [Wake Me Up](#)
    - [Hey Ya!](#)
    - [Roar](#)
  - **Throwback Playlist:**
    - [Barbie Girl](#)
    - [U Can't Touch This](#)
    - [Staying Alive](#)
    - [September](#)
    - [Girls Just Wanna Have Fun](#)
  - **Disney Playlist:**
    - [You're Welcome](#)
    - [Under the Sea](#)
    - [How Far I'll Go](#)
    - [Hakuna Matata](#)
    - [Hawaiian Rollercoaster Ride](#)
    - [He Mele No Lilo](#)
    - [Let It Go](#)
    - [Bare Necessities](#)
    - [Gaston](#)
- **Learn or Master a Dance:**
  - Choose at least one dance to learn and practice today. It can be any dance in the world - you can even make one up! I know many of you have practiced some of these dances in P.E. before, so here are some of our favorites:
    - **Cha Cha Slide:** [Instructions](#) - [song](#)
    - **Cupid Shuffle:** [Instructions](#) - [song](#)
    - **Cotton Eye Joe:** [Instructions](#) - [song](#)
    - **Macarena:** [Instructions](#) - [song](#)
    - **I Like to Move It (Zumba Edition):** [Instructions and song](#)

- **Mr. K Challenge - One Foot Challenge!**

- [Video](#)

- To make some of these leg exercises harder, we can do them on one foot at a time! I did a bunch of them on one foot before switching to the other foot. Let's see if you can try!

Here are the exercises:

- 5 hops
      - Going "there and back" or going in a circle
      - 3 squats
      - Airplane pose
      - Tree pose
      - 10 Calf raises
      - 5 hops

**Wednesday:** Today we are going to have another yoga day. Remember: yoga is a fantastic way to stretch your body and mind. If you don't have a yoga mat at home, a rug or carpet will work! Our "Mr. K Challenge" for today will be an additional ab workout!

- **30 Second Rotations:**

- You may need a timer for this! This is a great assortment of simple but effective yoga poses. Your body should feel great afterwards!
- Simply do each pose/exercise for 30 seconds and move on to the next one. You can repeat the 12 poses as many times as you want!



- **Additional Yoga Resources**

- If you're interested in doing some extra yoga, I recommend following more of Adriene's videos [here](#). This is also a great beginner [video](#).

- **Mr. K Challenge - Ab Workout #2!**

- [Video](#)
- Today I am doing a second ab workout routine. Try it with me! We're doing the following:
  - 30 second plank
  - 20 sit ups
  - 20 of our new bicycles
  - 20 slightly different sit ups
  - 30 second plank

**Thursday:** Today we are going to stay with our Thursday superhero theme with a family superhero workout and a new “Batman” workout. These are great workouts because they’re quick, high-tempo, and they exercise your full body. We’ll end today with a very exciting new “Mr. K Challenge”!

- **Workout:**

- Follow along to each of these videos. Try to keep up with the movements the whole time! These can also be repeated several times!
  - [Family Superhero Workout](#)
  - [Batman Workout](#)

- **Mr. K Challenge - Obstacle Course**

- [Video](#)
- It’s time to get creative! Using objects found around your house, make your own obstacle course.
- After you set up all of your objects, come up with a task to do at each item. You can jump or skip over the objects, or you can do a certain exercise at each object. It’s completely up to you!
- I’d also love to see any and all homemade obstacle courses! Please feel free to send a picture or video of them to me!

**Friday:** Today we are going to make some more Alphabet Soup! See below for more information. We'll end the week with our final "Mr. K Challenge"!

- **Alphabet Soup!**

- Look at the table below to see what exercise goes with each letter.
- Spell a word by performing the exercise next to each letter! Today's challenge is underneath the table.
- For example, if I wanted to spell DOG, I would have to do the following exercises:
  - **D: 15 Push Ups**
  - **O: 40 Jumping Jacks**
  - **G: 20 Jumping Jacks**

### Alphabet Soup

<b>A: 35 Curls</b>	<b>N: 10 Burpees</b>
<b>B: 20 Sit Ups</b>	<b>O: 40 Jumping Jacks</b>
<b>C: 20 Mountain Climbers</b>	<b>P: 15 Sit Ups</b>
<b>D: 15 Push Ups</b>	<b>Q: 30 Arm Circles</b>
<b>E: 20 Second Wall Sit</b>	<b>R: 15 Lunges</b>
<b>F: 10 Burpees</b>	<b>S: 15 Burpees</b>
<b>G: 20 Jumping Jacks</b>	<b>T: 15 Calf Raises</b>
<b>H: 20 Squats</b>	<b>U: 30 Arm Circles</b>
<b>I: 30 Arm Circles</b>	<b>V: 25 Second Wall Sit</b>
<b>J: 15 Sit Ups</b>	<b>W: 20 Mountain Climbers</b>
<b>K: 10 Push Ups</b>	<b>X: 40 Jumping Jacks</b>
<b>L: 25 Second Wall Sit</b>	<b>Y: 10 Lunges</b>
<b>M: 20 Squats</b>	<b>Z: 20 Push Ups</b>

- **Today's Challenge (you can take a break between each letter!):**
  - Spell your favorite book!
    - If the title has multiple words, you can take a longer break between the words.
- **Mr. K Challenge - Spelling HOMES!**
  - [Video](#)