

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

- **Exercise #1: High Knees**

- This is a variation of running in place. Simply run in place while placing your knees as high as you can.
- You can also put your hands out at waist-height. Try to hit your hands with your knees to see if you're going high enough!
- See below for a demonstration:



- Set a timer and try to do high knees for 1 minute without stopping!

- **Exercise #2: Butt Kicks**

- This is another variation of running in place. Simply run in place while trying to have your heel tap your buttocks. Repeat the motion constantly!
- See below for a demonstration:

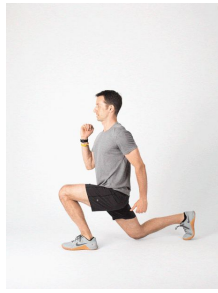
- Set a timer and try to do butt kicks for 1 minute without stopping!

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

- 30 seconds of high knees
- 30 seconds of butt kicks
- 15 seconds of high knees
- 15 seconds of butt kicks

- **Scissor jumps (jumping lunges)**

- Last week we learned how to do lunges. Now that we learned that motion, let's try a harder way to do it! Here are the instructions:
 - Stand straight up with your arms on your hips or dropped to your side.
 - Put one leg forward and bend slowly (like you are taking a knee).
 - Right as your knee touches the ground, jump back up and switch to your other knee.
 - Repeat without stopping
 - See below for a demonstration:



- Try doing 10 scissor jumps with each leg. Go slowly at first, and make sure you go all the way down so your knee is barely tapping the ground.
- Try doing 5 scissor jumps with the same leg in a row. Then repeat with the other leg!
- Try your maximum number of scissor jumps. How many can you get??

- **Plank**

- Planks are a very popular exercise to strengthen your abs. There are a few different ways to do them, so we will just start with the most common way.
 - Stretch yourself out in a push up position with one difference - hold yourself up with your forearms and elbows instead of your hands. See below for a picture of the pose:



- If you're having trouble holding this pose, it's OK! You can do the same workout on your knees instead of on your feet for a slightly easier version. See below:



- Try holding a plank for as long as you can. Which muscles do you feel working?
- Try holding a 30 second plank. Remember to keep your butt down and your legs straight!

- **Final Workout Routine:**

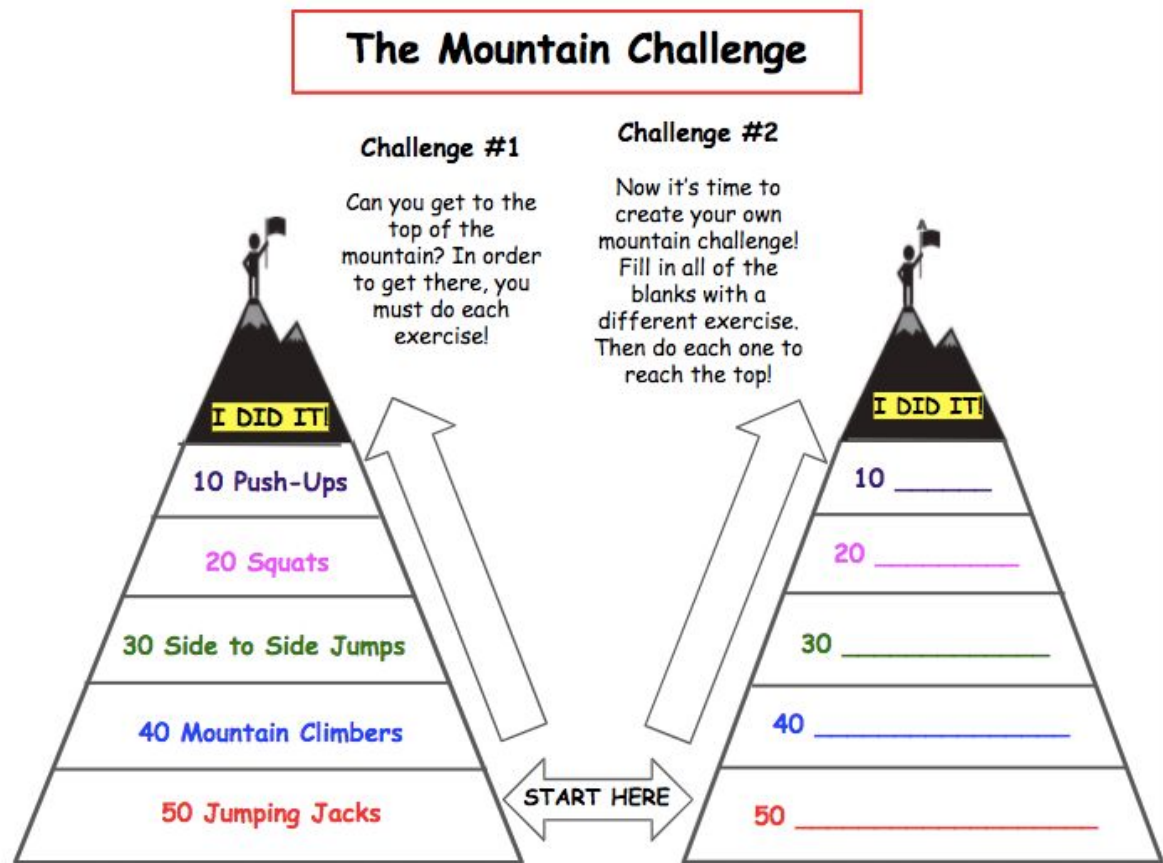
- Now that we have these four new exercises, let's try a challenging sequence. Try the following without stopping:
 - 30 seconds of high knees
 - 30 seconds of butt kicks
 - 30 second plank
 - 10 scissor jumps
 - 30 second plank

- **Mr. K Challenge - Ab Workout**
 - Follow along to this tough ab workout!
 - [Video](#)

Tuesday: Today we are going to try a Mountain Challenge! After you climb the mountain, make your own mountain to climb. Then we'll have our "Mr. K Challenge"!

- **Mountain Challenge:**

- This is a five-step exercise routine to see if you can climb all the way up the mountain. To climb, you need to do each of the exercises on that mountain, starting from the bottom. Once you climb the mountain, you can design your own Mountain Challenge and climb it! You can make your mountain from your computer or draw it on a piece of paper. Below is the challenge (and here is a [direct link](#) to the powerpoint presentation if that's easier to view):



- **Mr. K Challenge - Race to 100 Jacks!**

- Let's see if you can do 100 jumping jacks faster than me!
- [Video](#)

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 doing this yoga routine along with me!

- **30 Second Rotations:**

- You may need a timer for this! This is a great mix of exercises and yoga poses. Your body should feel great after!
- Simply do each pose/exercise for 30 seconds and move on to the next one. You can repeat the 12 exercises as many times as you want!
- I have recorded a video of myself doing one round of this rotation as well if you would like to follow along!



- **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 - Yoga Rotation!**

- Today I am doing the full yoga workout if you would like to follow along!
- [Video](#)

Thursday: Today we are going to stay with our Thursday superhero theme with a “Black Panther” workout and a “Justice League” workout. These are great workouts because they’re quick, high-tempo, and they exercise your full body. We’ll end today with a 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!
 - [Justice League Video](#)
 - [Black Panther Video](#)

- **Mr. K Challenge - Throwing and Rolling**

- It’s time to practice our throwing skills! If you don’t have space to throw against a wall or with a partner, these are two easy alternatives to practice your accuracy!
 - [Throwing Video](#)
 - [Rolling Video](#)
- Try these out and send me a picture or video of you tossing towards your targets!

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 BOOK, I would have to do the following exercises:
 - **B: 20 Sit Ups**
 - **O: 40 Jumping Jacks**
 - **O: 40 Jumping Jacks**
 - **K: 10 Push Ups**

Alphabet Soup

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

- **Today's Challenge (you can take a break between each letter!):**
 - Spell one of your friends' names.
 - Spell an item that you currently can see.
 - Spell your favorite food.
- **Mr. K Challenge - Spelling SOUP!**
 - [Video](#)