

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

- **Exercise #1: Star Jumps**

- This is a similar exercise to jumping jacks, but they are a bit more challenging!
- Instructions:
  - Crouch down and cross your arms.
  - Jump and make a star in the air.
  - Return to the crouched position as you land.
  - Repeat!
- See below for a demonstration:



- Challenge:
  - Try 10 Star Jumps without stopping.
  - Try 5 fast Star Jumps!
  - Try 10 slow Star Jumps!
  - Try 5 more fast ones!

- **Exercise #2: Shoulder Press**

- This is a classic exercise to make your shoulder muscles stronger. You can sit or stand while doing these. For an extra challenge, you can use small weights (cans or water bottles work as excellent small weights)!
- Instructions:
  - While standing or sitting, start your arms in a "T" position.
  - Slowly raise your hands above your head until your hands or weights lightly tap each other.
  - Slowly bring your arms back to the "T" position.
- See below for a demonstration:



- Challenge:
  - Try 15 shoulder presses without any weight. Using no weight at first will help you practice the motion.
  - Try 10 shoulder presses with some small weights. Is it much harder with the weights?
  - Try your maximum number of shoulder presses with the weights!

- **Exercise #3: Lateral Side Raises and Shoulder Raises**

- These are two more shoulder workouts. They are simple but can be tough to do! Again, you can use your small weights for an extra challenge. Your arms should be straight throughout both of these exercises!
- Lateral Side Raises Instructions:
  - Start with your hands by your hips.
  - Slowly raise your arms straight out on your sides.
  - Slowly return your arms to your hips.
- See below for a demonstration:



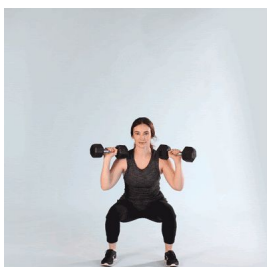
- Shoulder Raises Instructions:
  - Start with your hands in front of your thighs.
  - Slowly raise your arms straight out in front of you
  - Slowly return your hands to the front of your thighs
- See below for a demonstration:



- Challenge:
  - Do 10 Lateral Raises
  - Do 10 Shoulder Raises
  - Do 8 Lateral and then 8 Shoulder Raises without stopping!

#### ● **Exercise #4: Shoulder Press with Squat**

- This is the combination of two of our workouts! We've mastered squats, and now we know shoulder presses. Let's learn how to do both exercises together. Weights are optional again, but I recommend to begin without them here.
- Instructions:
  - Start your arms in the "T" position.
  - Slowly raise your hands above your head until your hands or weights lightly tap each other.
  - As you return your arms to the "T" position, bend down and perform a squat.
  - Return to the standing "T" position and repeat!
- See below for a demonstration:



- Challenge:
  - Try 10 of these without any weight.

- Try 5 with the weight if you feel comfortable. If not, perform another 10 without weight.
- Try your maximum number of this exercise without stopping!

- **Final Workout Routine:**

- Now that we have these new exercises, let's try a challenging sequence. Try the following without stopping:
  - 10 Squat Jumps
  - 10 Shoulder Presses
  - 10 Lateral Raises
  - 10 Shoulder Raises
  - 10 Shoulder Presses with Squats
  - 10 Squat Jumps
- Nice work!

- **Mr. K Challenge - Shoulder Press with Me!**

- [Video](#)
  - Try to do as many shoulder presses as me! You can do them while standing or sitting. Bring your weights if you'd like!

**Tuesday:** *Today we are going to mix it up and do an At Home Scavenger Hunt! The “Mr. K Challenge” is me completing this Scavenger Hunt!*

- **Scavenger Hunt**

- [Here](#) are the directions to our very fun Scavenger Hunt.
  - It is so important to do this SAFELY in your homes.
  - Remember: you can only carry one item at a time!
  - Have fun!
  - You must put away all items when you are done!
  - If you want to, send me the number of points you got in this Scavenger Hunt within your time limit OR send me how long it took you to get every item!

- **Mr. K Challenge - Scavenger Hunt**

- [Video](#)
  - Watch to see if I can complete this scavenger hunt in under 10 minutes!

- **Bonus: Make Your Own Scavenger Hunt!**

- If you want to get creative, you can also create your own Scavenger Hunt! If you do that and want to share, please send it to me, and I may give it a try at my home!

**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 a very tough one!*

- **Yoga Video:**

- Follow along [here](#)!

- **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](#) for those looking for some of the basics.

- **Mr. K Challenge - Burpees on GO!**

- [Video](#)
- We haven't done our beloved Burpees in a while, so here's a fun way to do them. Throughout this video, do a Burpee every time that I say "GO!"

**Thursday:** Today we are going to take a break from our superhero Thursday and try some jump rope activities. If you don't have a jump rope, don't worry! You can still participate without one. We'll end today with another shoulder exercise routine in our "Mr. K Challenge"!

- **Jump Rope Day!** - Again, if you don't have a jump rope, you can still do all of these activities! Just pretend that you're holding a jump rope in your hand as you jump!
  - **Today's goal:** practice 20 minutes of jump roping. You can practice on your own or use any and all of the below resources and challenges:
    - Follow along to this workout [video](#) of jump roping!
    - Follow this slower [video](#) to really practice the motions.
    - Try the following styles of jump rope:
      - Regular (two feet together)
      - Jump side to side
      - One foot jumps (make sure you try it with both feet!)
      - Jump side to side
      - Jump front to back
- **Mr. K Challenge - New Shoulder Routine**
  - [Video](#)
    - Today I am doing a bunch of different shoulder workouts that we learned on Monday. Bring your weights if you want and try to keep up!

**Friday:** *This Friday we are going to take a break from our Alphabet Soup and try a different workout challenge. This is the Phone Number Challenge! See below for more information. We'll end the week with our final "Mr. K Challenge" where I complete my own phone number!*

- **Phone Number Challenge**

- [Here](#) is the link to the challenge. There is an exercise for each number on the telephone. The instructions are on the presentation.
- Today's challenge is to complete your home telephone number!

- **Mr. K Challenge - Mr. Katinas' Phone Number!**

- [Video](#)
- For an additional challenge, try to keep up with me as I complete my own number! Note: this was maybe my toughest exercise video yet! Good luck!