

Monday: Today we are going to have a video warm up before jumping into three classic exercises. Let's see how you do!

- **Warm Up:** <https://www.youtube.com/watch?v=GCzecFateXc>
 - Follow along and try to do the movements that the teacher is performing.

- **Burpees**

- This is an excellent workout that makes your entire body feel it! Here are the instructions:
 - Jump and put your arms up in the sky.
 - As soon as you land, lay flat down on your belly.
 - You can add a push up while you're on the ground for an extra challenge!
 - Stand back up and repeat!
 - See below for a demonstration (this guy doesn't ever get tired!):



- Try doing 5 burpees without stopping! Take a 45-60 second rest. Do you think you can do more?
- Try 10! Take another 45-60 second rest.
- If you can do 10 in a row, challenge yourself and see how many in a row you can do!

- **Ski Jumps**

- This is a great workout for your legs. It is fast and it is also good practice for your balance. Here are the instructions:
 - Jump side to side using both feet. You can pump your arms and squat lower for a more powerful jump.
 - See below for a demonstration:



- Try 30 jumps back and forth.
 - For a variation, find an object to jump over! It can be anything - get creative! It can be a pencil, a shoe, a pillow, a stuffed animal, etc. Try a small object first, and then try a bigger one.
 - Using an object for this exercise will help you be more central and even in your workout. This will test your balance and, depending on what object you use, it will test the height of your jump.
- Try 20 more jumps back and forth over your selected smaller object.
- Try 20 more jumps back and forth over your selected bigger object.

- **Sit Ups**

- This is a simple exercise that most people know. It works out your abdominal muscles, which are located right below your ribs. Here are the instructions:
 - Lie down on your back.

- Bend your legs and place feet firmly on the ground to stabilize your lower body.
- Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck.
- Curl your upper body all the way up toward your knees. Exhale as you lift.
- Slowly, lower yourself down, returning to your starting point. Inhale as you lower.
- See below for a demonstration:



- Try 15 sit ups. Take a 45-60 second rest.
- Try 20 sit ups. Take a 45-60 second rest.
- Try your maximum number of sit ups!

Tuesday: *Today we are going to try something different. I made a powerpoint presentation called “This or That”. This presentation includes a bunch of different exercises, and you get to choose which ones you do! After that, we’ll have our second “Beat Mr. K Challenge”!*

- **This or That:**

- [Here is the link](#) to the presentation.
- You will watch the screen and follow the workouts on each page. There are detailed instructions on the first few pages of the presentation.
- Have fun and repeat up to three times for a great workout that can be different each time!

- **Beat Mr. K Challenge**

- This challenge is called the “10, 10, 10”. You have to do 10 push ups, 10 sit ups, and then 10 squats. Try to do all of the exercises at my pace!
- [Video](#)
 - For an extra challenge, see if you can do the full workout quicker than I did it.
 - For another challenge, see if you can do the three exercises more than I did. Can you do a “15, 15, 15” or a “20, 20, 20” version? Let’s see what you got!

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!*

- **Cardio Warm Up:**

- We will start with an optional warmup for those who would like to get some energy out before yoga. Follow along here: <https://www.youtube.com/watch?v=RomMyV5OtcM>

- **Yoga**

- Follow along to [this video](#).

Thursday: *Thursdays might just become our superhero day of the week! Today we are going to try an “Avengers” workout. This is a great workout because it’s quick, high-tempo, and it exercises your full body. If you do this, you’ll be stopping crime in no time! We’ll end today with a new exercise and, due to popular demand, a new Beat Mr. K Challenge!*

Workout:

- Here is the link to the workout: <https://www.youtube.com/watch?v=sqZFz44AB78&feature=youtu.be>
 - This is similar to Tuesday’s “This or That” slideshow. You get to choose which of the workouts you do during the video.
 - This is a great workout video because you can follow it and choose new exercises each time.

Wall Sits:

- Wall sits are a very tough workout for your legs. It takes a lot of practice and time to build your leg muscles to be able to do a wall sit for a long time. Luckily, it only requires one item: a wall. Let’s give it a try!
- Instructions:
 - Make sure your back is flat against the wall.
 - Set your feet about shoulder-width apart and then about 2 ft out from the wall.
 - Slide your back down the wall, bending your legs until they’re in a 90 degree angle—or as close as you can get! Your knees should be directly above your ankles, but no more forward.
 - HOLD the sitting position.
 - Stand slowly, while leaning against the wall, when done.
 - See below for an image of this exercise and look [here](#) if you need a video description.



- Exercise:
 - Try a 15 second wall sit. Take a 60 second rest and wiggle your legs out!
 - If you can, do your wall sit in front of a mirror or with a partner. Then you or your partner can make sure your legs are in the right position.
 - Try another wall sit with good form for 10 seconds!

Beat Mr. K Challenge #3

- Take a quick break, catch your breath, and get some water. I don’t have much to do besides sit against my wall, so I’ve been practicing! Let’s see if you can hold your wall sit longer than me!
- [Video](#)

Friday: Today we are going to try another new activity. This is called Alphabet Soup! This should be a big physical challenge and it can help with your spelling while we exercise! See below for more information:

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! The challenge is underneath the table.
- For example, if I wanted to spell AIDAN, I would have to do the following exercises:
 - **A: 25 Jumping Jacks**
 - **I: 20 Arm Circles**
 - **D: 8 Push Ups**
 - **A: 25 Jumping Jacks**
 - **N: 14 Burpees**

Alphabet Soup

A: 25 Jumping Jacks	N: 14 Burpees
B: 15 Sit Ups	O: 25 Jumping Jacks
C: 20 Squats	P: 15 Arm Circles
D: 8 Push Ups	Q: 25 Sit Ups
E: 15 Second Wall Sit	R: 15 Push Ups
F: 10 Burpees	S: 12 Burpees
G: 20 Jumping Jacks	T: 15 Squats
H: 15 Squats	U: 30 Arm Circles
I: 20 Arm Circles	V: 25 Second Wall Sit
J: 15 Sit Ups	W: 20 Burpees
K: 10 Push Ups	X: 25 Jumping Jacks
L: 20 Second Wall Sit	Y: 10 Sit Ups
M: 15 Squats	Z: 20 Push Ups

Today's Challenge (you can take a break between each letter!):

- Spell your first name.
- Spell your last name.
- Find the biggest object in your room and spell that too!

Additional Activities:

For those of you who would like to try some different activities throughout the week or on the weekend, please see below.

- **Basketball and ball handling skills:** [These](#) are great skills to practice and master!
- **Dance:** There are a lot of songs [here](#) to dance to and try to follow the moves!
- **Throwing/Catching:** Below are two of my favorite throwing and catching challenges:
 - **Partner Step Back:** get ready to play catch with a partner and some type of ball (or another safe item like a bean bag or a rolled up sock).
 - For every time that you and your partner catch the item, you or your partner takes a step back.
 - For every time that the item is dropped, you or your partner takes a step forward, closer to each other.
 - See how far back you and your partner can go!
 - **Toss and Clap:** this challenge can be done alone or with a partner - all you need is a ball or another catchable item.
 - Toss the item up in the air and try to clap before you catch it.
 - If you were able to clap and catch the item, try again with 2 claps. If you do that, move to 3 claps, and so on.... How many can you do!?