

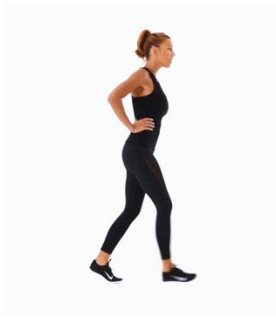
**Monday:** Today we are going to have a new warm up before jumping into three exercises. After that, we'll have our fourth "Beat Mr. K Challenge"!

- **Warm Up:** [Rotation #1](#)

- Click on the presentation.
- For this warm up, pick your favorite song to work out to. If you don't know which song to choose, here are some of my favorite recommendations that will give you some energy: [Rocky](#), [Eye of the Tiger](#), [Girls Just Want to Have Fun](#).
- On the presentation page, choose an exercise, complete 10 reps, and go to the next exercise (directed by the black arrow).
- Keep rotating until your song ends!

- **Lunges**

- This is one of the best exercises for building leg strength. 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, slowly stand back up.
  - Switch the exercise and repeat with your other leg.
  - See below for a demonstration:



- Try doing 10 lunges with each leg. Go slowly, and make sure you go all the way down so your knee is barely tapping the ground.
- Try doing 5 lunges with the same leg in a row. Then repeat!
- Try your maximum number of lunges. How many can you get??
- For a variation and extra challenge, try holding some type of safe weighted object (a book, a can of beans, etc.) in each hand. Try 10 more lunges while holding the objects by your sides. Is this more challenging?

- **Mountain Climbers**

- Mountain climbers are a terrific full-body workout. Here is how to do them:
  - Get in a push up position with your arms straight.
  - Try to touch your chest using your knee! You might not be able to get your knee all the way there, but try your best!
  - Here is one version:



- Here is a harder variation that you can try. It involves more of a jumping motion:



- Try 10 mountain climbers slowly, so that you can learn and practice the motion.
- Try 10 of the fast, jumping mountain climbers. Was that harder?
- Try 20 mountain climbers in a row (either version).

- **Bicep Curls**

- Curls are one of the most popular exercises. They help make your arms stronger, specifically the biceps. Here is how to do them right:
  - Hold **SMALL** weighted objects in each hand. If you don't have actual weights, you can use cans of soup, toys, or just clench your fists instead.
  - Let your arms rest by your side.
  - Curl your arms slowly up to your shoulders. You should be bending your elbows (see below).



- If you have some type of weighted objects, try the following:
  - 8 curls with each arm. You can do one arm at a time or do both together.
  - 10 curls with each arm.
  - 12 curls with each arm.
- If you aren't holding an object, try this:
  - 30 curls with each arm.
  - 22 more curls with each arm.

- **Beat Mr. K Challenge - Curls**

- Today we're doing bicep curls. This is a classic arm workout!
- [Video](#)

**Tuesday:** *Today we are going to follow another “This or That” powerpoint presentation. This presentation includes a bunch of different exercises, and you get to choose which ones you do! After that, we’ll have our fifth “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!

- **Beat Mr. K Challenge - Jumps**

- This is a jumping challenge. Grab a small object to jump over and get ready!
- [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!*

- **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](#).

- **Yoga**

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

**Thursday:** *Today we are going to stay with our Thursday superhero theme with a “Captain America” workout. This is a great workout because it’s quick, high-tempo, and it exercises your full body. We’ll end today with a new “Beat Mr. K Challenge”!*

- **Workout:**

- [Here](#) is the Captain America workout.

- **Beat Mr. K Challenge - Burpees**

- This might be our toughest challenge yet! Try to keep up on this one!
- [Video](#)

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

- **Alphabet Soup!**

- Look at the UPDATED table below to see what exercise goes with each letter. I've added a few of our new exercises to our alphabet. Can you find them?
- 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 WORK, I would have to do the following exercises:
  - **W: 20 Mountain Climbers**
  - **O: 40 Jumping Jacks**
  - **R: 15 Lunges**
  - **K: 10 Push Ups**

### Alphabet Soup

<b>A: 35 Curls</b>	<b>N: 20 Burpees</b>
<b>B: 20 Sit Ups</b>	<b>O: 40 Jumping Jacks</b>
<b>C: 20 Mountain Climbers</b>	<b>P: 15 Arm Circles</b>
<b>D: 15 Push Ups</b>	<b>Q: 30 Sit Ups</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 Squats</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 the first name of someone else in your home.
  - Spell something that you miss about school.
  - Spell your favorite season of the year.
- **Beat Mr. K Challenge - Combination!**
  - This is a challenge that combines a few of the workouts that we've done so far. Try to do all of them and then enjoy your weekend!
  - [Link](#)

**Additional Activities:**

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

- [Bowling](#) - this is a creative project that can be hours of fun.
- Play [Fitness Monopoly](#) or make your own version!
- [Heads or Tails](#) - all you need is a quarter!