

Monday: Today we are going to do a quick warmup before jumping into our four new exercises. After that, we'll have our "Mr. K Challenge"!

- **"Would You Rather" Warm Up:** Follow along to [this video](#) to get your body warmed up!
 - This is just like our "This or That" presentation. Choose the option that you like more and then do the workout that goes with it!

- **Exercise #1: Toe Touch Crunch**

- Instructions:
 - Lay on your back and keep your arms and legs straight for this whole exercise!
 - Bring your arms and legs towards each other until they touch. Return to the original position and then repeat!
- See below for a demonstration:



- Challenge:
 - Practice the motion a few times.
 - Try 10 quickly without stopping. Take a 60 second break.
 - Try 10 SLOWLY without stopping.
 - Observe: was it harder to do these fast or slow? Why?

- **Exercise #2: Side Plank**

- This is another core exercise, but this exercises your obliques, which are on the side of your stomach.
- Instructions:
 - Lay on your side first.
 - Put your weight only on your forearm and your bottom foot.
 - Try to hold this position while keeping your body straight!
 - After, make sure you switch to your other side so your workout is even.
- See below for a demonstration:



- Challenge:
 - Hold this position for 15 seconds.
 - Switch sides and hold for another 15 seconds. Remember to keep your body straight!

- **Exercise #3: Lateral jumps with toe touch**

- Let's now work out our leg muscles with a jumping exercise. We've done a simple version of these lateral jumps before, but now let's add an extra step!

- Instructions:
 - Jump from one foot to the other.
 - The variation: for each jump, bend down and touch the toe of the foot that you just landed on.
- See below for a demonstration of the original exercise (no toe touch included):



- Challenge:
 - Try doing these jumps for 1 minute straight. Remember to touch your toe right after each jump.

● **Exercise #4: Frog Jumps**

- Instructions:
 - Get in a squat position, but with your legs far apart. They are going to stay this far apart the whole time!
 - From the bottom of your squatting position, jump up and quickly return to the bottom of the squat.
 - Repeat!
- See below for a demonstration:



- Challenge:
 - Try 10 slow frog jumps.
 - Try 10 fast frog jumps.

● **Final Workout Routine:**

- Now that we have these new exercises, let's try a challenging sequence. Try the following without stopping:
 - 20 lateral jumps with toe touches
 - 20 second side plank (20 seconds on each side!)
 - 15 frog jumps
 - 10 toe touch crunches
- Nice work!

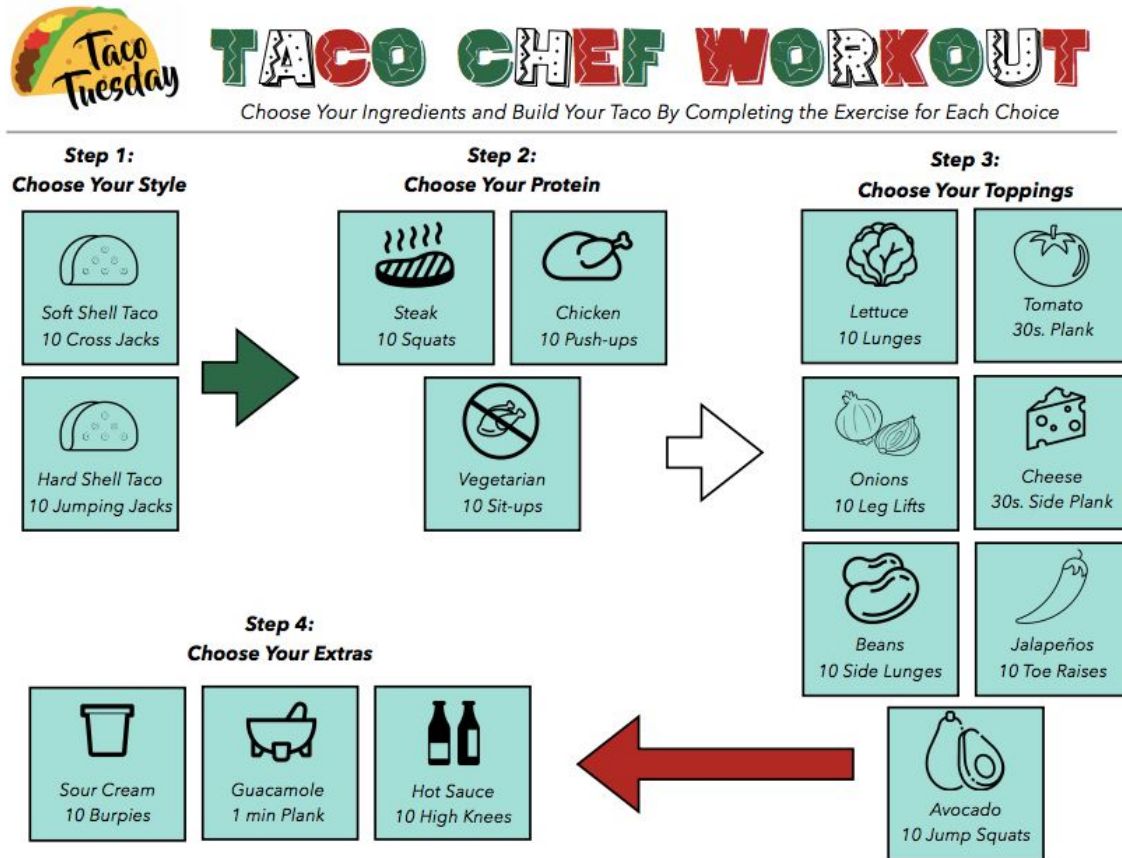
● **Mr. K Challenge - Ab Workout**

- [Video](#)
 - Try to keep up with this tough ab routine with a few new exercises!

Tuesday: Today we are going to try something completely new and make Tacos! Follow along to this “Taco Chef” workout while making your favorite kind of taco. The “Mr. K Challenge” will be following along to my own taco creation!

- **Taco Chef**

- See below for instructions and workout:



- **Mr. K Challenge - Taco Chef!**

- [Video](#)
 - Try to keep up while I create my favorite kind of taco! Warning: yes I did add sour cream, so burpees are on the menu!

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 new one that will get your legs stronger!*

- **Yoga Video:**
 - Follow along [here](#)

- **Mr. K Challenge - 100 Squat Challenge**
 - [Video](#)
 - Try to beat me in the race to 100 squats! Remember to go all the way down and up!

Thursday: *Today we are simply going to watch Netflix (see below!). We'll end today with some instructions and a "Mr. K Challenge" about catching!*

- **NETFLEX**

- [Here](#) is the new streaming platform called "Netflix". It features many different video resources that are filled with great exercises and challenges.
- Today's goal: watch (and follow along with) 30 minutes of this new streaming platform!

- **Mr. K Challenge - Catching**

- [Video](#)
 - Here is a video with some instruction about how to catch a ball.
 - I also add my favorite challenge to catch a ball and improve your skills. It provides endless fun!

Friday: *It's Friday, so it's time for our Alphabet Soup activity! 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 BUG, I would have to do the following exercises:
 - **B: 20 Sit Ups**
 - **U: 30 Arm Circles**
 - **G: 20 Jumping Jacks**

Alphabet Soup

A: 25 Curls	N: 10 Burpees
B: 20 Sit Ups	O: 40 Jumping Jacks
C: 20 Shoulder Taps	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 Calf Raises
H: 20 Squats	U: 30 Arm Circles
I: 30 Arm Circles	V: 25 Second Wall Sit
J: 15 Sit Ups	W: 10 Plank Switches
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 your teacher's last name!
- **Mr. K Challenge - Spelling FRIDAY!**
 - [Video](#)