**WEEKLY WORKOUT**

BEFORE YOU BEGIN

* Have a parent or older sibling with you to assist as needed or to be your workout buddy.
* Designate a safe area for your workout.
* Be sure to have water handy.
* Be sure to stretch and warm up.
* You can adjust/modify the workout as needed.  Aim to complete each exercise within the recommended range.  Aim high!
* It's okay to take breaks if you need to.  Try and challenge yourself to only take breaks every 3-5 exercises.
* If something is hurting, please adjust the exercise and/or stop.  Let an adult know you are sore.
* Play some music to help you through the workout.
* You can repeat the daily workout for an extra challenge or increase the numbers.

BE SMART...BE CAREFUL.



|  |  |  |
| --- | --- | --- |
| **EXERCISE** | **NUMBER/**  **TIME** | **VIDEO** |
| JUMPING JACK |  | <https://www.youtube.com/watch?v=nGaXj3kkmrU> |
| CRUNCHES |  | <https://www.youtube.com/watch?v=Xyd_fa5zoEU> |
| SQUATS |  | <https://www.youtube.com/watch?v=EbOPpWi4L8s> |
| PUSH UPS |  | <https://www.youtube.com/watch?v=LwTGJdnmZWo&feature=emb_title> |
| LUNGES |  | <https://www.youtube.com/watch?v=QOVaHwm-Q6U> |
| SIDE LUNGES |  | <https://www.youtube.com/watch?v=FUX6Pz8vV0s> |
| RUSSIAN TWISTS |  | <https://www.youtube.com/watch?v=KJbMeSAAZVI> |
| TRICEP DIP |  | <https://www.youtube.com/watch?v=6kALZikXxLc> |
| JOG ON SPOT |  | <https://www.youtube.com/watch?v=GkS_SEgHzsg> |
| CALF RAISES |  | <https://www.youtube.com/watch?v=gwLzBJYoWlI> |
| HAND PLANK |  | **https://lh4.googleusercontent.com/9pxrXLPx2E0xFKb41PX98UjisroIauRN2tCGwJnE1xX3I5JntFzZcSgOm4rhfPtj38qzmBgcN63rIH6J9oJmx2dX545Zo8DtgJz43mDIvs1nr9cMhU5JqcvX70BbLWNhvsr2jwU8** |
| ELBOW PLANK |  | **https://lh5.googleusercontent.com/XYp2S9oidnPWxpkDWG58CBvg8P4K1I47ecNT0_GzYUxDEXGuaQKLpWH4L5wUyCWDDsm88HzkC5gugiPPyjZZto-kTdLh29Om7xjLEI8vrgbjeV2aGxeIuEfzYp4jIYHZmgr79UfA** |
| BIRDDOG PLANK |  | **https://lh5.googleusercontent.com/CVde2M6G7rqvGDgiv3pzrKuNBhM8sLu3uNmwS0ImWVyqOrfxm6XkveVAaMVoIGMGLR09khWh74xvbaPBmdmODhigerqn1DEZJiVtIx7SRN0QiaZkN7CxcEWpopz_WVt6nj2K4WwG** |
| WALL SIT |  | <https://www.youtube.com/watch?v=XULOKw4E4P4> |