

## Week of April 20<sup>th</sup> – 24<sup>th</sup> – “Fitness Workout”

This week students are asked to get “Fit”. Students are asked to perform exercises the best they can for 15-30 min each day. Each group of exercises should last approximately 10-15 min. Just repeat once or twice for a 20-30 min workout. These are all exercises they should know how to do. If a student is stuck, or needs clarification on an exercise. Please let your teacher know on check-up day. Each set of exercise should be followed up by a 30 sec. break. Have your parents, siblings, etc. join in on the workout!!

- 50 jumping Jacks (30 sec. break)
- 30 swimmers (30 sec. break)
- 25 Crab Toe Touches (30 sec. break)
- 10 Burpees (30 sec. break)

