 E-LEARNING

Pick one workout to do daily. Perform activities for 30 minutes with increased heart rate. Rest 1 to 2 minutes between. Pick a different workout the next day. May need to repeat exercises to get 30 minutes of exercise.

**3RD-8TH GRADES**

UPPER BODY WORKOUT

1. Regular push-ups: 3 sets of 10 reps. Hands shoulder width apart. Down to up is 1. Modify by using knees or less reps.
2. Diamond push-ups: 3 sets of 10 reps. Form a triangle under chest and do push-ups. Modify by using knees or less reps.
3. Seated Dips: 3 sets of 10 reps. Sit on ground. Legs bent, feet on ground. Hands on ground behind back. Modify doing less reps.
4. Plank ups: 3 sets of 10 reps. Get into plank position. Raise up onto right palm keeping elbow locked, repeat with left. Then go down on left forearm, then to right forearm. Modify doing less reps.
5. Crab walk(front and back): Walk from 1 end of the room to the other. 20 times for each. Modify doing less reps.

LOWER BODY WORKOUT

1. High Knees: 3 sets of 30 reps. Lift arms above your head. Bring right knee up towards hip then down, now the left knee up and down. Modify doing less reps.
2. Mountain Climbers: 3 sets of 30 reps. Get into push-up position. Pull right knee to chest. Other knee straight, toes on ground. Then switch. Modify doing less reps.
3. Single Leg Squat: 3 sets of 10 reps. Get a chair. Stand in front. Raise left leg off ground, then sit in chair and stand up using right let (1 rep). After 1 set switch to left side. Modify doing less reps.
4. Side Lunge: 3 sets of 10. Feet shoulder width apart. Step to left side with left leg and return. Follow same with the right side (1 rep). Modify doing less reps.
5. Frog Jumps: 3 sets of 10. Squat down touching hands on ground. Jump straight up with arms in air. Modify doing less reps.

CORE WORKOUT

1. Sit-up: 3 sets of 10. Lay on back, knees bent, heels on floor. Hands on floor. Slide hands to heels and sit up. Modify doing less reps.
2. Crunches: 3 sets of 10. Lay on back, knees bent. Cross ankles and heels off of floor. Raise knees to elbows and back. Modify doing less reps.
3. Reverse crunch: 3 sets of 10 reps. Lie on back. Feet together. Lift them in the air and down. (1 rep).
4. Plank: 3 sets of count to 30. Lie on stomach. Raise up on your forearms and toes and hold. Modify doing less reps.
5. Side plank: 3 sets of count to 30. Lie on side. Raise up on your forearms and foot and hold. Use both right/left side. Modify doing less reps.

CARDIO WORKOUT

1. Jumping Jacks: 3 sets of 25 reps. Arms at side and legs together. Arms touch above head and legs widen past hips and return as started. (1 rep)
2. March in place: 3 sets of 25 reps. Left arm bends while right knee bends then do same on other side.
3. Burpees: 3 sets of 10. Squat down, legs out, legs in, jump up (1 rep). Modify doing less reps.
4. Squat jumps: 3 sets of 10. Squat down, hands behind head. Jump in the air landing back in the squat position.
5. Invisible jump rope: 3 sets of 30. Pretend you are holding a jump rope. Jump on both feet, landing on both feet; jumping the invisible rope.

OTHER VIDEO WORKOUTS: May need to copy/paste into your browser

<https://www.youtube.com/watch?v=x_E2iKAihQQ>

<https://www.youtube.com/watch?v=y7usRE42IQA>

<https://www.youtube.com/watch?v=EcqYeThduWk>

<https://www.youtube.com/watch?v=aBtP7008EfA>

<https://www.youtube.com/watch?v=gC_L9qAHVJ8>

**KINDERGARTEN-2ND GRADES**

These grades should do these for each day of E-Learning

1. 3 sets of 10 Jumping Jacks
2. 3 sets of 10 Toe Touches
3. 3 sets of 5 Push-ups
4. 3 set of 5 Sit-ups
5. 3 sets of 10 Sitting Toe Touches
6. 3 sets of 10 Knee Bends
7. 3 sets of 10 Quad Stretches
8. 3 sets of 20 Walking In-Place
9. 3 sets of 20 Marching In-Place
10. 3 sets of 20 Running In Place