

Physical Education Weekly Workout

Weekly Workouts

Monday- *Cardio*

Jumping Jacks x20

Squat jumps x12

Push-ups (wall, knees, or toes) x10

One leg dips x10 each side

Mountain climbers x30

Squat x12

Crunches x20

20 minute walk/jog outside

Repeat 3 times

Tuesday- *Muscular Strength and endurance*

High Knees x30

Sumo Squat x10

Butt Kicks x20

Plank 1 minute

Side planks both sides

Alternate lunges

Squat

Wall sit

20 minute walk/jog outside

Repeat 3 times

Wednesday - *Yoga Day*

Mountain

Head to knees

Jump back

Downward dog

Three legged dog (both legs)

Chair

High plank

Warrior I

Warrior II

Warrior III

Dancer

Tree

Cobra

Seated Twist

20 minute walk/jog outside

Repeat 2 times

Thursday- *Core Day*

Bicycle crunches x20

Russian twists x40 (20 each side)

Slow mountain climbers (x20)

Side crunches x20

Superman x20

20 minute walk/jog outside

Repeat two times

Friday- Get Outside

30 minute walk/jog/run outside

Play a sport outside with friends

Each week add repetitions/times to challenge yourself

For example-

Instead of 10 repetitions, do 12, 15 etc.

Healthy Tips!

Drink half your weight in ounces of water per day

Follow a balanced diet

Limit sugar/sodium intake

Eliminate soda

Get eight hours of sleep

Limit TV/social media time

Alleviate stress and practice mindfulness

https://www.youtube.com/watch?v=6p_yaNFSYao

References:

Helpful at home alternative workout sites-

<https://www.yogiapproved.com/om/top-10-meditation-mindfulness-brain-health-websites-apps/>

<https://hasfit.com/>

<https://scoobysworkshop.com/teen-workout-plan/>

<https://www.thefitindian.com/blog/5-minute-fat-burning-workouts-at-home-best-exercises-to-lose-weight/>

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Exercise/poses-

Mountain



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Downward Dog



Warrior I



Warrior II



Tree



Dancer



Plank



Side Plank



Chair



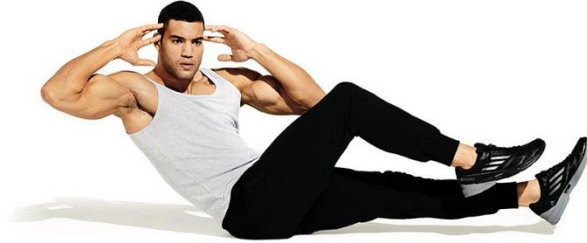
Side Plank



Warrior III



Bicycle Crunches

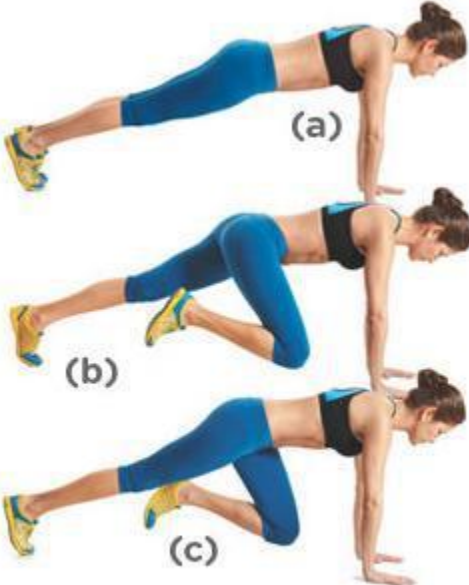


Wall sit

ANATOMY OF A PERFECT WALL SIT



Mountain Climbers



PHOTOGRAPH BY BETH BISCHOFF

High Knees



Superman



Single leg squats



Squat

