

Physical Education

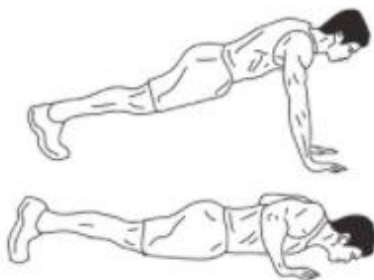
At Home Workout Option

Always warm up and stretch prior to activity, cooldown and stretch post activity

Week 1:

cardio

beginner: 20 minutes of walking
intermediate: 30 minutes of jogging
advanced: 40 minutes of running

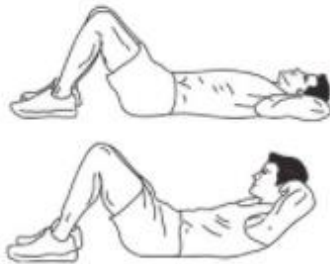


1. push ups

b: 5|5|5

i: 10|10|10|10|10

a: 20|20|20|20|20



2. crunches

b: 15|15|15

i: 50|50|50|50

a: 300 at once



3. squats

b: 10|10|10

i: 20|20|20|20|20

a: 50|50|50|50

rest between sets

beginner: as long as you need

intermediate: up to 2 minutes

advanced: 60 seconds

cardio



jumping jacks

high knees

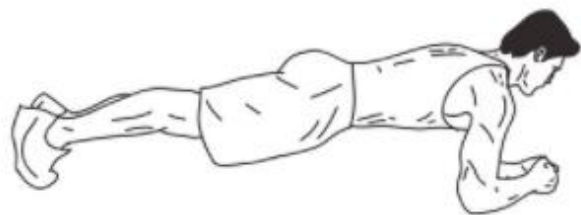
- no breaks -

- jumping jacks 10 seconds
- high knees 20 seconds
- jumping jacks 30 seconds
- high knees 40 seconds
- jumping jacks 50 seconds
- high knees 60 seconds
- jumping jacks 50 seconds
- high knees 40 seconds
- jumping jacks 30 seconds
- high knees 20 seconds
- jumping jacks 10 seconds

1. plank

3 times during the day

beginners: 30 seconds
intermediate: 2 minutes
advanced: 5 minutes



2. wall sit

3 times during the day

beginners: 30 seconds
intermediate: 2 minutes
advanced: 5 minutes



cardio

Long run / jog / walk
60 minutes at any speed



1. high jumps

5 sets

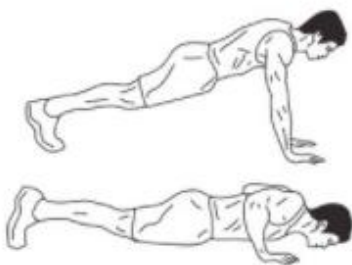
b: 5 | throughout the day
i: 10 | 2-3 minute break
a: 15 | 1 minute break



2. knee pull-ins

5 sets

b: 5 | throughout the day
i: 10 | 2-3 minute breaks
a: 12 | 30-40 second break



3. push ups

5 sets

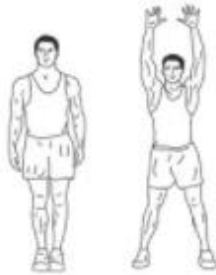
b: 3 | throughout the day
i: 8 | 1 minute break
a: 10 | 30-40 second break

Week 4:

cardio

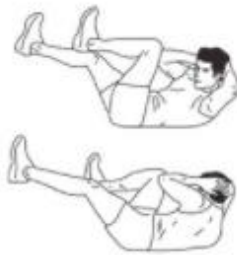
Running: 5 speedwork drills

2-3 minute warm-up
1 minute hard then 1 minute easy
2 minutes hard then 2 minutes easy
3 minutes hard then 3 minutes easy
4 minutes hard then 4 minutes easy
repeat cycle 1-4 minutes 2 times
cool-down 5 minutes



1. jumping jacks

b: 16|14|12|10|8
i: 20|18|16|14|12
a: 40|32|24|18|16



2. cross-body crunches

b: 6|4|6|4|6
i: 14|10|14|10|14
a: 30|20|30|20|30



3. superman

b: 5|6|7|8|9|10
i: 10|12|14|16|18
a: 20|24|20|24|20

rest between sets

beginner: as long as you need
intermediate: up to 2 minutes
advanced: 60 seconds