

Distance Learning Exercise Schedule
**ALWAYS REMEMBER TO HYDRATE BEFORE, DURING, AND AFTER
EXERCISING**

Week of May 4th -8, 2020

Monday:

- Stretch
- 10 jumping jacks
- 10 planks
- stretch

Tuesday:

- Stretch
- wall sit, count to 10 each time
- ten push-ups
- stretch

Wednesday

- stretch
- 10 crunches/ sit-ups
- 10 step up onto chair/step
- stretch

Thursday

- stretch
- 10 squats
- 5 planks, count to 10 each time
- stretch

Friday

- stretch
- 10 high knees running
- 10 lunges
- stretch

