**Students will complete a jog/walk (jog the straights/walk on the curves) on the track. After each lap, they will complete one of the following exercises in order. They will complete a total of 10 laps.**

**Neighborhood – Jog for 2 minutes and then complete the following in order.**

1. Pushups (20)
2. Diamond Push-ups (20)

**\*hands together like a diamond**

1. Crunches (20)
2. Toe Touches-abdominals (20)

**\*lay on your back, feet up in the air, touch your toes**

1. **Alternate** Right & Left knee **reverse** lunge (20 Total)
2. Full Squats Jump (20)

**\*squat, keep weight on heals, touch heals, jump up off the ground**

1. Bicycles – abdominal workout(20)
2. Oblique Crunches – right side & left side (20 each)
3. Russian Twist – abdominal workout (20)

**\*sit on your bottom, feet up off the ground, twist upper body**

10. Supermans (20) - Hold the up position for 3 seconds