**Workout #1**

**20 minutes of Cardio (jogging, bicycle, treadmill, elliptical, etc)**

* 2 sets of 10 push-ups
* 2 sets of 25 curl-ups/crunches/sit-ups
* 2 sets of 10 front lunges (keep your weight back, don’t let knee go past your toe)
* 2 sets of 10 reverse lunges
* 2 sets of 30 second wall sits
* 2 sets of Supermans
  + lay on stomach and lift arms & legs – hold for 3 seconds and lower arms and legs

**Workout #2**

**Yoga Workout (40 minutes)**<https://yogawithadriene.com/free-yoga-videos/>

* + Great way to strengthen muscles, work on flexibility, relieve stress.

**Workout #3**

**Total Body Circuit: Students will jog for 2 minutes, they will complete one of the following exercises in order. They will complete a total of 20 minutes of cardio.**

1. Pushups – modified or on your toes **(1 set of 10)**
2. Diamond Push-ups **(1 sets of 10)** \*hands together like a diamond
3. Crunches (1 set of 20)
4. Toe Touches-abdominals **(1 set of 20)** \*lay on your back, feet up in the air, touch your toes
5. Alternate Right & Left knee reverse lunge **(1 set of 20 Total)**
6. Full Squats Jump **(20)**

\*squat, keep weight on heals, touch heals by reaching back with your hands, jump up off the ground

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

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

1. Supermans (1 set of 20) - lay on stomach and lift arms & legs – hold for 3 seconds and lower arms and legs