**Workout #1**

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

***or***

**25 minutes of Cardio and only 2 sets of each exercise**

* 3 sets of 10 push-ups
* 3 sets of 25 curl-ups/crunches/sit-ups
* 3 sets of 10 front lunges (keep your weight back, don’t let knee go past your toe)
* 3 sets of 10 reverse lunges
* 3 sets of 30 second wall sits
* 3 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 3 minutes – 1 set of each exercise**

**or 2 minutes – 2 sets of each exercise**

**Please complete one of the following exercises in order.**

**Complete a total of 20 minutes or 30 minutes of cardio.**

1. Pushups – modified or on your toes **(1 set of 10) or (2 sets of 10)**
2. Diamond Push-ups **(1 sets of 10)** **or (2 sets of 10) \***hands together like a diamond
3. Crunches **(1 set of 20) or (2 sets of 20)**
4. Toe Touches-abdominals **(1 set of 20) or (2 sets of 20)**

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

1. Alternate Right & Left knee reverse lunge **(1 set of 20 Total) or (2 sets of 20)**
2. Full Squats Jump **(20) or (2 sets of 15)**

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

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

1. Supermans **(1 set of 20) or (2 sets of 20)-** lay on stomach and lift arms & legs

– hold for 3 seconds and lower arms and legs