

Physical Education

Instructions:

Choose one of the following exercises from each to do at home. Make sure you create a log of what you complete during the day. Don't be afraid to add more, but don't over exert yourself. Time should equal up to 15 minutes or more.

Leg Exercises:

Laps
Sprints
Jumps
Step Ups
Ladders
Mt. Climbers
Shuttle Run
Horses
Karoke
Jump Ropes
Defensive Slides
Medicine Ball
Wall Sits (30)
Squats
Line Jumps
Circuits
Balance Disk

Arm Exercises:

Push Up
Pull Up (10)
Push Up Machine
Reverse Push Up
Wide Push Up
Close Push Up
Arm Crawl
Bear Crawl
Fore Arm Push Up (30)
Jump Rope (wt)
Medicine Ball
Push Up Bars
Kettle Bells
Rope Machine

Abdominal Exercises:

Crunches
Sit Up
Elevated Sit Up
Fore Arm Push Up
6 Inch Lift (30)
Bicycle
Medicine Ball
Balance Disk
Rope Machine