

At Home Exercises – 5&6 Year Olds

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks	<input type="checkbox"/> 20 Jumping Jacks
<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists	<input type="checkbox"/> 20 Twists
<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches	<input type="checkbox"/> 20 Switches
<input type="checkbox"/> 10 Seconds of high knees	<input type="checkbox"/> 10 Seconds of high knees	<input type="checkbox"/> 10 Seconds of high knees	<input type="checkbox"/> 10 Seconds of high knees	<input type="checkbox"/> 10 Seconds of high knees
<input type="checkbox"/> 10 Jump and touch the ground	<input type="checkbox"/> 10 Jump and touch the ground	<input type="checkbox"/> 10 Jump and touch the ground	<input type="checkbox"/> 10 Jump and touch the ground	<input type="checkbox"/> 10 Jump and touch the ground
<input type="checkbox"/> 10 Push ups	<input type="checkbox"/> 10 Push ups	<input type="checkbox"/> 10 Push ups	<input type="checkbox"/> 10 Push ups	<input type="checkbox"/> 10 Push ups
<input type="checkbox"/> 10 Mountain Climbers	<input type="checkbox"/> 10 Mountain Climbers	<input type="checkbox"/> 10 Mountain Climbers	<input type="checkbox"/> 10 Mountain Climbers	<input type="checkbox"/> 10 Mountain Climbers

<input type="checkbox"/> 10 Squats	<input type="checkbox"/> 10 Squats	<input type="checkbox"/> 10 Squats	<input type="checkbox"/> 10 Squats	<input type="checkbox"/> 10 Squats
<input type="checkbox"/> 10 Lunges	<input type="checkbox"/> 10 Lunges	<input type="checkbox"/> 10 Lunges	<input type="checkbox"/> 10 Lunges	<input type="checkbox"/> 10 Lunges
<input type="checkbox"/> 10 Sit ups	<input type="checkbox"/> 10 Sit ups	<input type="checkbox"/> 10 Sit ups	<input type="checkbox"/> 10 Sit ups	<input type="checkbox"/> 10 Sit ups

Also....Complete these chores! Check the boxes off for each day of the week Monday-Friday!

- Clean your room
- Do the dishes
- Vacuum the floor
- Do the laundry