

At Home Exercises – 7 to 9 Year Olds

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> 30 Jumping Jacks	<input type="checkbox"/> 30 Jumping Jacks	<input type="checkbox"/> 30 Jumping Jacks	<input type="checkbox"/> 30 Jumping Jacks	<input type="checkbox"/> 30 Jumping Jacks
<input type="checkbox"/> 30 Twists	<input type="checkbox"/> 30 Twists	<input type="checkbox"/> 30 Twists	<input type="checkbox"/> 30 Twists	<input type="checkbox"/> 30 Twists
<input type="checkbox"/> 30 Switches	<input type="checkbox"/> 30 Switches	<input type="checkbox"/> 30 Switches	<input type="checkbox"/> 30 Switches	<input type="checkbox"/> 30 Switches
<input type="checkbox"/> 20 jump squats	<input type="checkbox"/> 20 jump squats	<input type="checkbox"/> 20 jump squats	<input type="checkbox"/> 20 jump squats	<input type="checkbox"/> 20 jump squats
<input type="checkbox"/> 20 tuck knees	<input type="checkbox"/> 20 tuck knees	<input type="checkbox"/> 20 tuck knees	<input type="checkbox"/> 20 tuck knees	<input type="checkbox"/> 20 tuck knees
<input type="checkbox"/> 15 second plank	<input type="checkbox"/> 15 second plank	<input type="checkbox"/> 15 second plank	<input type="checkbox"/> 15 second plank	<input type="checkbox"/> 15 second plank
<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 15 push ups	<input type="checkbox"/> 15 push ups
<input type="checkbox"/> 15 leg raises	<input type="checkbox"/> 15 leg raises	<input type="checkbox"/> 15 leg raises	<input type="checkbox"/> 15 leg raises	<input type="checkbox"/> 15 leg raises
<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 10 second hold squat position	<input type="checkbox"/> 15 second hold squat position



<input type="checkbox"/> 15 calf raises	<input type="checkbox"/> 15 calf raises	<input type="checkbox"/> 15 calf raises	<input type="checkbox"/> 15 calf raises	<input type="checkbox"/> 15 calf raises
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And....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
- Get your homework done
- Complete your Elevation Worksheet