

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 Seconds of high knees	<input type="checkbox"/> 20 Seconds of high knees	<input type="checkbox"/> 20 Seconds of high knees	<input type="checkbox"/> 20 Seconds of high knees	<input type="checkbox"/> 20 Seconds of high knees
<input type="checkbox"/> 15 Jump and touch the ground	<input type="checkbox"/> 15 Jump and touch the ground	<input type="checkbox"/> 15 Jump and touch the ground	<input type="checkbox"/> 15 Jump and touch the ground	<input type="checkbox"/> 15 Jump and touch the ground
<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 Mountain Climbers	<input type="checkbox"/> 15 Mountain Climbers	<input type="checkbox"/> 15 Mountain Climbers	<input type="checkbox"/> 15 Mountain Climbers	<input type="checkbox"/> 15 Mountain Climbers

<input type="checkbox"/> 15 Squats	<input type="checkbox"/> 15 Squats	<input type="checkbox"/> 15 Squats	<input type="checkbox"/> 15 Squats	<input type="checkbox"/> 15 Squats
<input type="checkbox"/> 15 Lunges	<input type="checkbox"/> 15 Lunges	<input type="checkbox"/> 15 Lunges	<input type="checkbox"/> 15 Lunges	<input type="checkbox"/> 15 Lunges
<input type="checkbox"/> 15 Sit ups	<input type="checkbox"/> 15 Sit ups	<input type="checkbox"/> 15 Sit ups	<input type="checkbox"/> 15 Sit ups	<input type="checkbox"/> 15 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