

At Home Exercises – 10 to 14 Year Olds

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> 50 Jumping Jacks	<input type="checkbox"/> 50 Jumping Jacks	<input type="checkbox"/> 50 Jumping Jacks	<input type="checkbox"/> 50 Jumping Jacks	<input type="checkbox"/> 50 Jumping Jacks
<input type="checkbox"/> 50 Twists	<input type="checkbox"/> 50 Twists	<input type="checkbox"/> 50 Twists	<input type="checkbox"/> 50 Twists	<input type="checkbox"/> 50 Twists
<input type="checkbox"/> 50 Switches	<input type="checkbox"/> 50 Switches	<input type="checkbox"/> 50 Switches	<input type="checkbox"/> 50 Switches	<input type="checkbox"/> 50 Switches
<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups	<input type="checkbox"/> 25 push ups
<input type="checkbox"/> 30 tuck knees	<input type="checkbox"/> 30 tuck knees	<input type="checkbox"/> 30 tuck knees	<input type="checkbox"/> 30 tuck knees	<input type="checkbox"/> 30 tuck knees
<input type="checkbox"/> 30 second plank	<input type="checkbox"/> 30 second plank	<input type="checkbox"/> 30 second plank	<input type="checkbox"/> 30 second plank	<input type="checkbox"/> 30 second plank
<input type="checkbox"/> 25 jump squats	<input type="checkbox"/> 25 jump squats	<input type="checkbox"/> 25 jump squats	<input type="checkbox"/> 25 jump squats	<input type="checkbox"/> 25 jump squats
<input type="checkbox"/> 25 leg raises	<input type="checkbox"/> 25 leg raises	<input type="checkbox"/> 25 leg raises	<input type="checkbox"/> 25 leg raises	<input type="checkbox"/> 25 leg raises

<input type="checkbox"/> 25 second hold squat position	<input type="checkbox"/> 25 second hold squat position	<input type="checkbox"/> 25 second hold squat position	<input type="checkbox"/> 25 second hold squat position	<input type="checkbox"/> 25 second hold squat position
<input type="checkbox"/> 25 calf raises	<input type="checkbox"/> 25 calf raises	<input type="checkbox"/> 25 calf raises	<input type="checkbox"/> 25 calf raises	<input type="checkbox"/> 25 calf raises

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