## At Home Exercises - 10 tol4 Year Olds

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| - 50 <br> Jumping Jacks | - 50 <br> Jumping <br> Jacks | $\begin{aligned} & 50 \text { Jumping } \\ & \text { Jacks } \end{aligned}$ | - 50 Jumping | Jacks 50 Jumping |
| $\begin{aligned} & 50 \\ & \text { Twists } \end{aligned}$ | - 50 Twists | - 50 Twists | $\square 50$ Twists | $\square 50$ Twists |
| $\square 50$ <br> Switches | $\square 50$ <br> Switches | - 50 Switches | $\square 50$ <br> Switches | - 50 Switches |
| $\begin{aligned} & 25 \text { push } \\ & \text { ups } \end{aligned}$ | $\begin{aligned} & 25 \text { push } \\ & \text { ups } \end{aligned}$ | - 25 push ups | - 25 push ups | - 25 push ups |
| $\begin{aligned} & 30 \text { tuck } \\ & \text { knees } \end{aligned}$ | $\begin{aligned} & 30 \text { tuck } \\ & \text { knees } \end{aligned}$ | $\begin{aligned} & 30 \text { tuck } \\ & \text { knees } \end{aligned}$ | $\begin{aligned} & 30 \text { tuck } \\ & \text { knees } \end{aligned}$ | - 30 tuck knees |
| - 30 <br> second <br> plank | $\begin{aligned} & 30 \text { second } \\ & \text { plank } \end{aligned}$ | $\begin{aligned} & 30 \text { second } \\ & \text { plank } \end{aligned}$ | $\begin{aligned} & 30 \text { second } \\ & \text { plank } \end{aligned}$ | $\begin{aligned} & 30 \text { second } \\ & \text { plank } \end{aligned}$ |
| - 25 jump squats | - 25 jump squats | - 25 jump squats | - 25 jump squats | - 25 jump squats |
| $\begin{gathered} \square 25 \mathrm{leg} \\ \text { raises } \end{gathered}$ | $\begin{gathered} 25 \mathrm{leg} \\ \text { raises } \end{gathered}$ | - 25 leg raises | $\begin{gathered} \square 25 \mathrm{leg} \\ \text { raises } \end{gathered}$ | - 25 leg raises |

$\left.\begin{array}{|c|c|c|c|c|}\hline \square 25 \\ \begin{array}{l}\text { second } \\ \text { hold } \\ \text { squat } \\ \text { position }\end{array} & \square 25 \text { second } & \begin{array}{l}\text { hold squat } \\ \text { position }\end{array} & \begin{array}{l}\text { hold squat } \\ \text { position }\end{array} & \begin{array}{l}\square 25 \text { second } \\ \text { hold squat } \\ \text { position }\end{array}\end{array} \begin{array}{l}\square 25 \text { second } \\ \text { hold squat } \\ \text { position }\end{array}\right]$

## And．．．．Complete these chores！Check the boxes off for

 each day of the week Monday－Friday．－Clean your room $\square \square \square \square \square$
－Do the dishes $ロ \square \square \square \square$
－Vacuum the floor $\square \square \square \square \square$
－Do the laundry $\square \square \square \square \square$
－Get your homework done $\square \square \square \square \square$
－Complete your Elevation Worksheet $\square \square \square \square \square$

