

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"/> 45 Seconds of high knees	<input type="checkbox"/> 45 Seconds of high knees	<input type="checkbox"/> 45 Seconds of high knees	<input type="checkbox"/> 45 Seconds of high knees	<input type="checkbox"/> 45 Seconds of high knees
<input type="checkbox"/> 25 Jump and touch the ground	<input type="checkbox"/> 25 Jump and touch the ground	<input type="checkbox"/> 25 Jump and touch the ground	<input type="checkbox"/> 25 Jump and touch the ground	<input type="checkbox"/> 25 Jump and touch the ground
<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"/> 25 Mountain Climbers	<input type="checkbox"/> 25 Mountain Climbers	<input type="checkbox"/> 25 Mountain Climbers	<input type="checkbox"/> 25 Mountain Climbers	<input type="checkbox"/> 25 Mountain Climbers

<input type="checkbox"/> 25 Squats	<input type="checkbox"/> 25 Squats	<input type="checkbox"/> 25 Squats	<input type="checkbox"/> 25 Squats	<input type="checkbox"/> 25 Squats
<input type="checkbox"/> 25 Lunges	<input type="checkbox"/> 25 Lunges	<input type="checkbox"/> 25 Lunges	<input type="checkbox"/> 25 Lunges	<input type="checkbox"/> 25 Lunges
<input type="checkbox"/> 25 Sit ups	<input type="checkbox"/> 25 Sit ups	<input type="checkbox"/> 25 Sit ups	<input type="checkbox"/> 25 Sit ups	<input type="checkbox"/> 25 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