

Do these exercises 5 times through each day. Have a parent/guardian sign the time and date that you completed them.

10 push ups----modify on knees if needed.

5 burpees (up, down, legs out, legs in and up)

20 jumping jacks

20 second plank (on elbows and feet—hold)

20 squats (bend knees like sitting in a chair then straighten)

March in place 1 minute (knees up, pump arms)

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