PE Daily Workout Routine

-25 Jumping Jacks

-20 Squats

-10 Push-ups

-20 Sit-ups

-10 second toe touch

-10 second quad stretch (left and right)

-10 second pull your knee to your chest stretch (left and right)

-10 second arm across your chest stretch (left and right)

-10 second arm behind your head stretch (left and right)

-25 trunk twists

-10 min walk/jog

Students, you know how important exercise is for you, and this is the case especially now as exercise helps build your immune system. These are the exercises we do in PE. I encourage you to do them Monday-Friday. Please stay healthy by exercising! If you need anything, please email me at jgagnon@lanettcityschools.org or call 334-444-7345.