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| April | |
| 2020 | |
| O’Bannon Elementary School | Coach Red’s Daily Workout Plan  Pre-K – 6th  **\*\***YouTube any exercise for clarity |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | Rest !!!  Listen to Music /  Make A Tik-Toc | 1 Min Jump Rope  20 Plank touches  30 Arm Rotations  (15 each directions) | 30 Jumping Jacks  16 Sit-ups  22 Lunges (Per Leg)  16 Plank Jacks | 14 Burpees  30 Second Plank  16 Squats  8 Pushups |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Rest!!!  Play Hide and Seek with family members | 90 sec. Jump Rope  24 Plank Touches  35 sec. Wall Sit  30 Arm Circles  (15 per arm) | 11 Burpees  25 Second Planks  14 Squats  7 Pushups | Rest !!!  Do the  Cha Cha Slide &  Ole Town Road Dance | 25 Jumping Jacks  14 Sit-ups  20 Lunges 9 per leg)  14 Plank Jacks | 11 Burpees  25 Sec. Planks  14 Squats  7 Pushups | 1 Min. Jump Rope  20 Plank Touches  30 Sec. Wall Sits  30 Arm Circles  (15 each direction ) |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Rest  Draw A Picture  of a balanced meal | 30 Jumping Jacks  16 Sit-ups  22Lunges  16 Plank Jacks | 14 Burpees  30 Sec. Plank  16 Squats  8 Pushups | Rest!!!  cup stacking relay  ( | 90 Sec. Jump Rope  24 Plank Touches  35 Wall pushups  30 Arm Circles  (15 each direction ) | 35 Jumping Jacks  18 Sit – ups  24 Lunges ( per leg)  18 Plank Jacks | Rest !!! |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Rest !!! |  |  |  |  |  |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
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