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| April |
| 2020 |
| O’Bannon Elementary School  | Coach Red’s Daily Workout PlanPre-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-ups22 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 Rope24 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 |
| RestDraw A Picture of a balanced meal  | 30 Jumping Jacks 16 Sit-ups22Lunges 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 pushups30 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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