

Kindergarten

May 4- May 8 Circuit Training

Please participate in this work out 2x this week

Circuit training is a form of body conditioning or resistance training that targets strength building and muscular endurance. An exercise "circuit" should work each section of the body individually. Students will be able to demonstrate multiple forms of body weight resistant exercises accurately and independently. The students will learn basic muscle strength/endurance exercises and know the major muscle groups.

Students will participate in sustained physical muscular strength activity that increases heart rate, breathing rate and body temperature.

No exercise equipment is necessary for the workout, but I suggest that you grab a bottle of water to keep nearby.

After the completion of the workout, drink water and do some stretches. Do about 5 minutes of stretching those targeted muscles which were used, then about 3-5 minutes of stretching for muscles that were 'worked out,' holding stretches for 20-30 seconds.

#### ABC Workout!

A = Push-Ups x5

B = Sit-Ups x5

C = Squats x5

D = Calf Raises Right Leg x5

E = Calf Raises Left Leg x5

F = Front Plank 10 sec

G = Hop on right foot x10

H = Hop on Left foot x10

I = Inch Worm x5

J = Pulse Squats x5

K = Burpees x5

L = Forward Arm Circles x5

M = Backward Arm Circles x5

N = Side-to-Side Jumps x10

O = Star Jumps x5

P = Quad Stretch 10 sec

Q = Quad Stretch 10 sec

R = Run in Place 10 sec

S = Toe Taps x5

T = Tuck Jumps x5

U = 10 jumping jacks

V = Russian Twist Crunches x5

W = Shoulder Tap Planks x5

X = Frog Jumps x5

Y = Right Leg Lunge x5

Z = Left Leg Lunge x5

1 st grade

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2nd grade

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3rd grade

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4 th grade

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6 th grade

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7 th grade

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High school

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