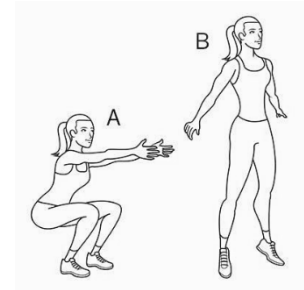


# Physical Fitness Routines

For the day choose 2 exercises to work on. Do each exercise 10 times. Do 3 rounds of the routine (at the end of the physical fitness time, each exercise will be completed 30 times).

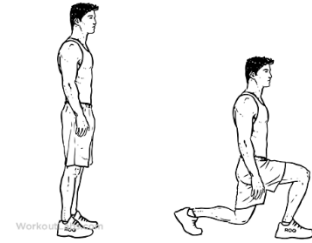
## Squat Jumps

1. Start with feet shoulder width apart
2. Squat down (sit back) with arms extended
3. Explode up and reach-up
4. Land softly on both feet
5. Repeat



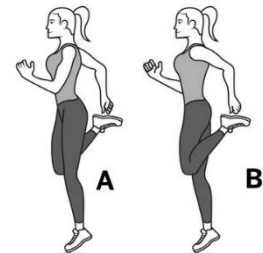
## Basic Lunges

1. Step forward with right leg
2. Land softly on the heel and front foot
3. Lower body by flexing knee and hip of front leg until the front knee is 90 degrees
4. Repeat



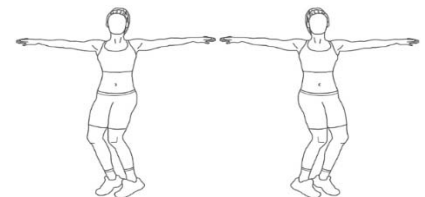
## Heel Kicks

1. Start with a light jog
2. Pull the heel of the lower leg up and bounce off the buttock
3. Repeat



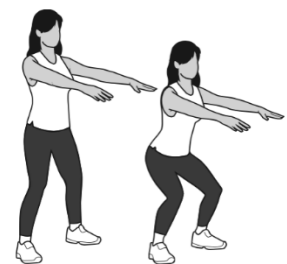
## Jump and Twist

1. Jump up and rotate body to the left
2. Land softly on balls of feet
3. Jump up and rotate body to the right
4. Land softly on balls of feet
5. Repeat



## Squats

1. Start with feet shoulder width apart
2. Arms in front of the chest
3. Sit back and down, keeping both knees behind the toes
4. Contract the gluteal and hamstring muscles to begin extending the legs
5. Fully extend the legs until you're back to standing in position
6. Repeat



## Knee Raise

1. Stand tall
2. Lift knee up towards the chest and hold
3. Alternate knees
4. Repeat



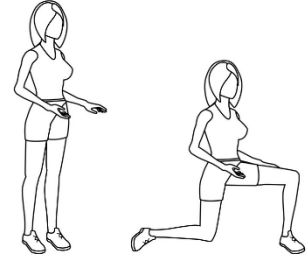
### Tippy Toe Walk

1. Lift heels and walk on the balls and toes of your feet
2. Repeat



### Reverse Lunges

1. Facing forward, step one foot back about 18 to 24 inches
2. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground
3. Keep the weight on the front heel and keep chest upright
4. Push up with the back foot
5. Then return to standing position
6. Repeat



### Heel Walks

1. Lift toes and balls of the feet and walk only on your heels
2. Repeat



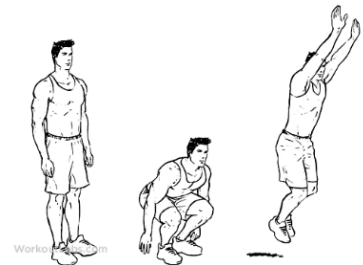
### Knee to Elbow

1. Lift the right arm and raise the left knee
2. Lower your right elbow to your left knee (*in a diagonal motion*)
3. Lower your left elbow to your right knee (*in a diagonal motion*)
4. Repeat



### Frog Jumps

1. Start in a standing position with your feet shoulder width apart
2. Squat as low as you can and place your hands on the ground
3. Leap forward
4. Repeat



### Skip in Place

1. Hop on your left leg while bringing up your right knee up toward your chest
2. Switch legs and keep skipping while pumping your arms
3. Repeat



### Squat Side Kicks

1. Stand with your feet parallel and shoulder width apart
2. Bend your knees and squat to a 90-degree angle, with your hands held out in front of you
3. Then, stand back up and lift your right leg out to the side
4. Step your foot back to the shoulder width position and squat again
5. Then return to standing position
6. Then, stand back up and lift your left leg out to the side
7. Repeat



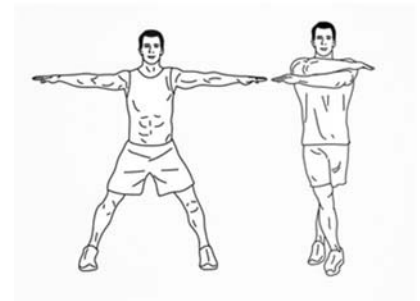
### Speed Bag Punches

1. Raise your arms slightly below chin level and make sure your elbows are parallel to the ground
2. Make a fist, and alternate punching motions
3. You can also adjust the speed (20 seconds each set)
4. Repeat



### Cross Jacks

1. This is like a typical jumping jack, but instead you will alternate crossing your left foot over your right foot each time you jump
2. You may also choose to alternate your arms as well
3. Repeat



### Skaters

1. Start with a squat
2. Then jump sideways to the left and land on your left leg
3. Then bring your right leg behind your left ankle without letting it touch the ground
4. You can count this as one rep or repeat with the other leg and have that count as one
5. Repeat



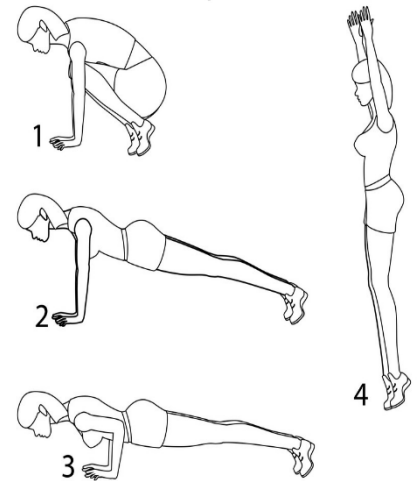
### Wall Sits

1. Stand in front of a wall with your back towards the wall (about 2 feet in front of it) and lean against
2. Slide down until your knees are no less than 90-degree angles and hold
3. Repeat
- 4.



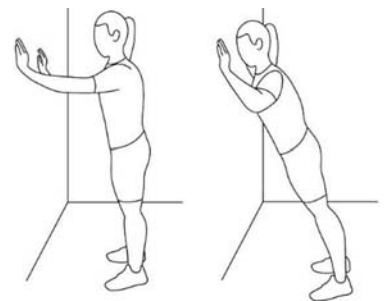
## Burpees

1. Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides
2. Push your hips back, bend your knees, and lower your body into a squat
3. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands
4. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core
5. Jump your feet back so that they land just outside of your hands
6. Reach your arms over head and explosively jump up into the air
7. Land and immediately lower back into a squat for your next rep. Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides
8. Push your hips back, bend your knees, and lower your body into a squat
9. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands
10. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core
11. Jump your feet back so that they land just outside of your hands
12. Reach your arms over head and explosively jump up into the air
13. Land and immediately lower back into a squat for your next rep
14. Repeat



## Wall Push-Ups

1. Stand in front of a bare wall and lift your arms up to shoulder level. Place your palms against the wall so that they are slightly wider than your shoulders.
2. Inhale before beginning the exercise and exhale as you push off the wall until your arms are in an outstretched position with elbows slightly bent.
3. Repeat



## Push-Ups

1. Begin in push-up position (with your hands out on the ground in front of you), on knees or toes
2. Perform regular push-ups by having abs in and back straight
3. Repeat

