

School of Expressive Arts and Learning

Workout of the Week: 3/30/2020

Workout Movement	Description/Muscle Group	Online Link/Adaptation
5-minute walk outside or up and down stairs	Cardio: With parent/guardian permission go for a 5 min walk outside or walk up and down a set of stairs for five minutes.	Adaptation: Walk in place for 5 minutes. Link: https://youtu.be/mFP8qcx6GBg
Push-ups: 3 sets of 10	Chest/Triceps: A person Lies facing the floor and, keeping their back straight, raises their body by pressing down on their hands.	Adaptation: knees can remain on the floor. Link: https://youtu.be/wmNoe3JYe4c
Sit-Ups: 3 sets of 20	Abdominals: A person lies on their back with knees bent and then raises the torso to a sitting position and then returns to the original position without using arms or lifting feet.	Adaptation: Move torso up only 1/2 way. Link: https://youtu.be/1fbU_MkV7NE
Squats: 4 sets of 20	Quads: From a standing position, lower your upper body and bottom so your knees become bent. Hold and then return to starting position	Adaptation: Slowly bend forward and hold for 5 seconds. Link: https://youtu.be/aclHkVaku9U
Lunges: 3 sets of 12 each leg	Core and Quads: From standing position put one leg forward with knee bent and foot flat with other foot behind.	Adaptation: Place foot on a step or stool/chair. Lean into that foot and hold for 5 seconds. Link: https://youtu.be/QOVaHwm-Q6U
5-Minute Run/walk outside	Cardio: With parent/guardian permission go for a 5 min run or walk outside.	Adaptation: Run/walk in place for 5 minutes. Link: https://youtu.be/anWff1mZ2tY
Stretch and Cool Down	Any combination of stretches: Neck and shoulder rolls, butterflies, arms across chest.	Adaptation: lay on your back with arms outstretched for 3 mins. Breathe deeply. Link: https://youtu.be/2L2InxIcNmo
Log your Workout!	Make Sure to log your workout each week and email it to your school's PE teacher for Credit!	Great Job!! Feel proud of the work you did Today!