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| NAME | CLASS | PERIOD | TEACHER |
|  |  |  |  |

**Wednesday, April 1st**

**Activity #1**

**Warm-up**

1. Jumping Jacks x30 sec, rest 45 sec
2. High Knee March In-Place x30 sec, rest 45 sec
3. High Knee Run In-Place x30 sec, rest 45 sec
4. Side-to-Side Hops x30 sec, rest 45 sec
5. Pushups x30 sec, rest 45 sec
6. Sit-ups x30 sec, rest 45 sec
7. Mountain Climbers x30 sec, rest 45 sec
8. Squat x30 sec, rest 45 sec

**Activity #2:**

**Bodyweight Workout**

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| Round #1 – 4 sets | Round #2 – 4 sets | Round #3 – 4 sets |
| Pushups x12  Side Plank Right x20 sec  Side Plank Left x20 sec  High Knee Run In-Place x 15 sec  *Rest 60 sec. 4 sets total.* | Squat x8  Wall Sit x30 sec  Jumping Jack x15 sec  *Rest 60 sec. 4 sets total.* | Calf Raises x15  Lunge Jump x5 /leg  Shoulders Taps x20 total  (from Pushup hold position)  *Rest 60 sec. 4 sets total.* |

**Activity #3:**

**Finisher**

*MAX SIT-UPS in 1 minute!*

What is your score? = \_\_\_\_\_\_\_\_\_\_