

Workouts for P.E.

4/27/2020

Workout

50 Jumping Jacks

20 Crunches

30 Body squats

15 Push-Ups

1-Minute Wall Sit

Repeat Twice

4/28/20

Workout:

Plank 3 x 40 seconds

Run in place 3 x 45 seconds

Jumping Jacks 3 x 20

Pushups 3 x10

Repeat Twice

4/29/20

Workout:

Lunges 3x 20

Body Squats 3 x 15

Mountain climbers 3x 20

Repeat Twice

4/30/20

Workout:

Jumping Jacks 3x 20

Pushups 3x 10

Run in place 3 x one minute

Burpees 3x8

Repeat Twice

5/1/20

Workout:

Pushups 3x 12

Crunches 3x 20

Run in place (no high knees) 3 x one minute

Plank 3 x 45 seconds

Repeat 3 times