Rivera Raider Physical Education Workouts

Week of 3/30 - 4/10

Monday Conditioning Abs

1. Air Squats 5 x 20 3 min jog Mountain Climber 4 x 20 seconds
2. Lunges 5 x 8 each leg Crunches 4 x 10
3. Vertical Jump 5 x 10 jumps
4. Calves 5 x 10 reps

Tuesday Conditioning

1. Push Ups 5 x 10 Jump Rope without Rope 3 x 20 seconds
2. Burpees 5 x 10 Jump Rope without Rope 3 x 20 seconds right leg
3. Curls with books or backpack 5 x 10 Jump Rope without Rope 3 x 20 seconds left leg

Crunches 4 x 20 seconds Side planks left and right arm 4 x 20 seconds

Wednesday

**Warm Up:** Jog in place 2 minutes

**Conditioning**  3 Sets - 30 Second Lunges (15 second rest), 30 Second Burpees ( 15 second rest), 30 second Sit-Ups ( 15 second rest)

Thursday

1. Single Leg squat with chair 3 x 10
2. Good Mornings with backpack on 3 x 10
3. Calves Raises 3 x 30

Abs Bicycle Crunch 4 x 20 seconds

Friday

1. Choice Day ( Pick activity of your choice

Do plenty of Stretching before and after every workout and stay hydrated, if you have to modify workout feel free to do so at your own convenience. Please send replies of workout and how it went through our Weebly page. Stay active, remember exercise is very important and should be in our everyday lifestyle.