

WEEKLY WORKOUTS

Week 2: April 14th to 17th

Workout 1

Warm-up: x 3

- 10 Alternating Jumping Lunges
- 5 Pushups

Daily Fitness Set 1: (Complete as many times as possible in 10 minutes)

- 5 Sit-ups
- 5 Air Squats
- 5 Jumping Jacks
- 5 Pushups

Daily Fitness Skills: (Practice each of the following)

- Cartwheels
- Handstands

Workout 2

Warm-up: x 3

- 10 Skips or Jumping Jacks
- 10 Sit-ups

Daily Fitness Set 1: x 5

- 20 x Two foot Jumps
- 30 Seconds – Wall Sits
- 20 Air Squats
- 30 Jumping Jacks

Daily Fitness Strength: x 5

- 30 sec. Plank
- 10 Superman's

Workout 3

Equipment Needed:

- Pull-up Bar or Table
- Chair or Bench

Warm-up: x 3

- 10 Skips or Jumping Jacks
- 10 Sit-ups

Daily Fitness Set 1: (Complete 2 to 3 Rounds)

- 20 Jumping Air Squats (Try to touch the ceiling every jump)
- 15 Pushups
- 10 Burpees
- 5 Pullups/Chinups (or [Table Pullups](#) if you don't have a pull-up bar)

Daily Fitness Strength: x 5

- 30 Sec. Side Plank (x 2 sides)
- 10 Chair Dips