

Put some of your favorite upbeat background music on to pump you up.

WARMUP: Jog in place for 30 seconds-rest 30 seconds-repeat 4 times (work on lifting knees and maintaining good, tall posture)

- do 5 pushups then roll over and do situps immediately, go into 10 mountain climbers, then stand up and do 10 jumping jacks---Rest very briefly ; and repeat two more times.

STRETCHING Do the following stretches (15 second count each)

*yogis *wide straddle *Hurdlers *Side Quad Pull backs ----seated

*cross over toe touches*front lunges *side lunges *reach throughs *arm wraps *overheads----standing

FORM RUN WORKOUT pick a hallway or open space 10-15 yards if possible

1-skip 2-gallop 3-frog jumps 4-lunges 5-frankensteins 6-shuffle 7-carioca 8-backward run

if no open space = stair climbs -go fast up and walk down the stairs

- 1) run up every step
- 2) hit both feet one at a time on every step up
- 3) go first step up step down to floor 20 times
- 4) 2 foot jump up on step then back down to floor

If you have access to a jump rope please do 20 jumps per set for 5 sets with ample rest between or go for 200 jumps with no breaks.

WALL SIT Pick a wall and try to form the human chair with a flat back and square angle leg position. Put a book or clipboard on lap and try to keep it flat for as long as you can hold up. Watch a clock to see how long you can hold.

PULSE CHECKS

Put your first two fingers at the spot on your neck directly below your jaw to get the feel of your pulse.

Have your parent time 6 seconds as you count the number of beats you feel . Multiply by 10 to check heart rate.(add a zero to the end) Older students could go for 20 or 30 seconds and triple or double their counts.

Heart rate should be 150 and under to start next routine. 120-130 is full recovery point. Young students could get heart rate up over 200 during strong exercise. See how long it takes to get your heart slowed down and breathing back in easy pace control- that is a good check of your fitness level (how well and fast you recover)

Try to play something active inside or out and make good use of your extra time for something good and good for you, mind and body.

Mr. DeLauder