**Activity: Fitness Workout**

**NYS Standards # 1 - 2**

**6th Grades Week 5**

**\*\*Assignment at the bottom of the workout page\*\***

**Warm-Ups**

Jump rope 2 minutes, then do the following stretches before each daily work-out.

**Chest Stretch:** [**https://www.youtube.com/watch?v=BXVTnO8Rxjk**](https://www.youtube.com/watch?v=BXVTnO8Rxjk)

**Upper Back Stretch:**

**Shoulder Stretch:**

**Side Bends:**

**Inverted hurdle:** [**https://www.youtube.com/watch?v=lrZbhqp4CPw**](https://www.youtube.com/watch?v=lrZbhqp4CPw)

**Calf Stretch:**

**Butterfly Stretch:** [**https://www.youtube.com/watch?v=rdxD3POKbV8**](https://www.youtube.com/watch?v=rdxD3POKbV8)

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**MONDAY:**

**20 Jumping Jacks**

**20 Second Run in Place**

**20 Push-Ups**

**20 Seconds Run in Place**

**20 Butt Kicks**

**20 Bell Hops (forward and back)**

**10 Squat Thrust**

**20 Bell Hops (forward and back)**

**20 Curl-Ups**

**10 Minutes Jump-Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.**

**TUESDAY:**

**15 Squat Thrust**

**15 Second Skip in Place**

**15 Push-Ups**

**15 Second Skip in Place**

**15 Curl-Ups**

**15 Ski Jumps (side to side)**

**15 Jumping Jacks**

**15 Ski Jumps (side to side)**

**15 Butt Kicks**

**5 Minute Jump Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.**

**WEDNESDAY:**

**20 Jumping Jacks**

**20 Second Run in Place**

**20 Push-Ups**

**20 Seconds Run in Place**

**20 Butt Kicks**

**20 Bell Hops (forward and back)**

**10 Squat Thrust**

**20 Bell Hops (forward and back)**

**20 Curl-Ups**

**10 Minutes Jump-Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.**

**THURSDAY:**

**15 Squat Thrust**

**15 Second Skip in Place**

**15 Push-Ups**

**15 Second Skip in Place**

**15 Curl-Ups**

**15 Ski Jumps (side to side)**

**15 Jumping Jacks**

**15 Ski Jumps (side to side)**

**15 Butt Kicks**

**5 Minute Jump Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.**

**FRIDAY:**

**20 Jumping Jacks**

**20 Second Run in Place**

**20 Push-Ups**

**20 Seconds Run in Place**

**20 Butt Kicks**

**20 Bell Hops (forward and back)**

**10 Squat Thrust**

**20 Bell Hops (forward and back)**

**20 Curl-Ups**

**10 Minutes Jump-Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down.**

**Assignment: What did you like about the first workout? How long did it take to finish the first workout?**

**EMAIL YOUR ANSWERS TO** [**rdcostanzo@nmfschools.net**](mailto:rdcostanzo@nmfschools.net)