

At home exercise plan for students

Students should perform this three to four times a week

Directions: perform each exercise one after the other with little to no rest in between each exercise, that's one cycle. Perform 3 cycles during the first week, 4 cycles during the second week and 5 cycles during the third week.

****Make sure to stretch before beginning your first cycle****

Exercise 1 – 30 jumping jacks

Exercise 2 – 10 pushups

Exercise 3 – 10 squats

Exercise 4 – 20 mountain climbers

Exercise 5 – 25 seconds of planking

We would also encourage you to develop your own exercise plan using any equipment you may have at home or any body weight exercise you enjoy performing. If you need a reminder on how to perform any exercise with proper form you can find videos online or reach out to your teacher with questions.