

# LAMAR PE ALL Handouts

Name: \_\_\_\_\_

ID#: \_\_\_\_\_

Grade: \_\_\_\_\_

Week Of: 4/20 - 4/24/2020 **Workout** for TUESDAY 4/21/2020

## WARM-UP:

High Kicks



Quad Stretch



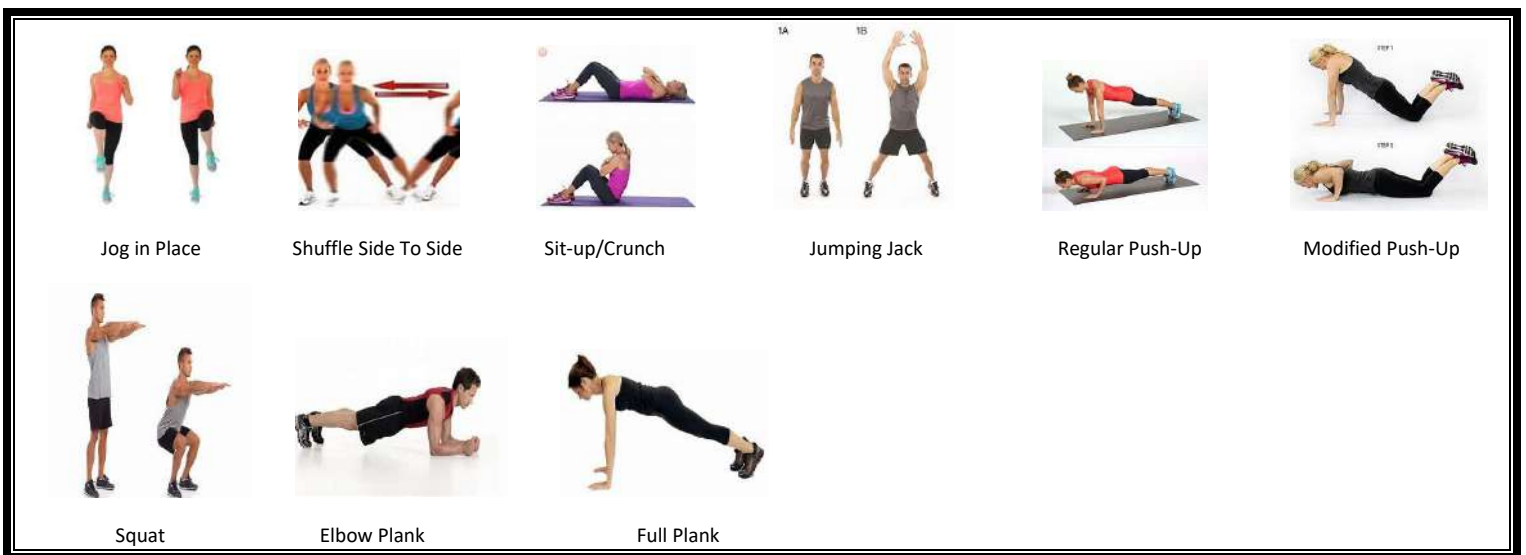
Knee Hugs



Lunge/Twist



## WORKOUT:



## Workout: 2 Rounds - - - - Challenge: 3 Rounds

- 30 Sec. - Jog in place
- 30 Sec. - Shuffle ( 3 step to side and back)
- 30 Sec. - Sit-ups/Crunches (make sure knees are bent)
- 30 Sec. - Jumping Jacks
- 60 Sec. - Walk in place
- 30 Sec. - Push-Ups (Regular or modified)
- 30 Sec. - Jog in place
- 30 Sec. - Squats
- 30 Sec. - Jog in place
- 30 Sec. - Planks (Elbow or Full)

## Warm-Down: Hold each exercise for a count of 8

Standing Toe Touch



Shoulder Stretch R/L



Sitting Toe Touch

