



100 Day Of School Fitness

By: Mrs. Jessica

Materials:



MAT



WATER



DESK/CHAIR

- Exercise Plan

▶
*We will do 5
different exercises
20 times to equal
100.*

*You can also do 4
different exercises
25 times.*

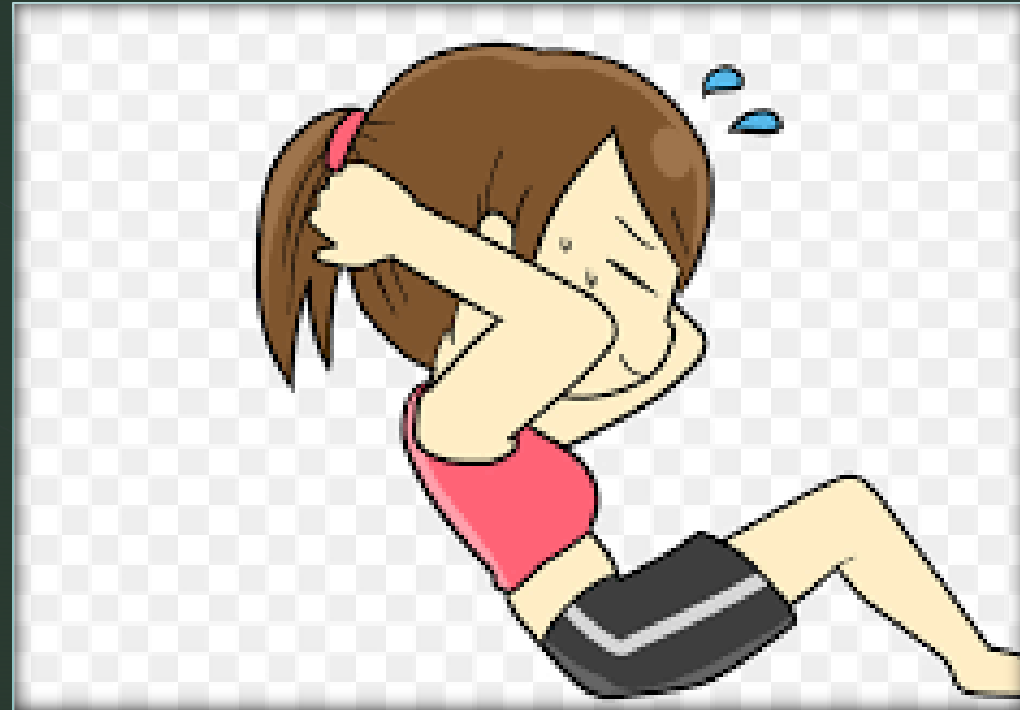
*As well as 10
different exercises
10 times.*



Exercise #1:

Sit Ups

Sit on your mat (flat hard surface) and from your tummy tighten those muscles to sit your self up. Repeat!





Exercise #2

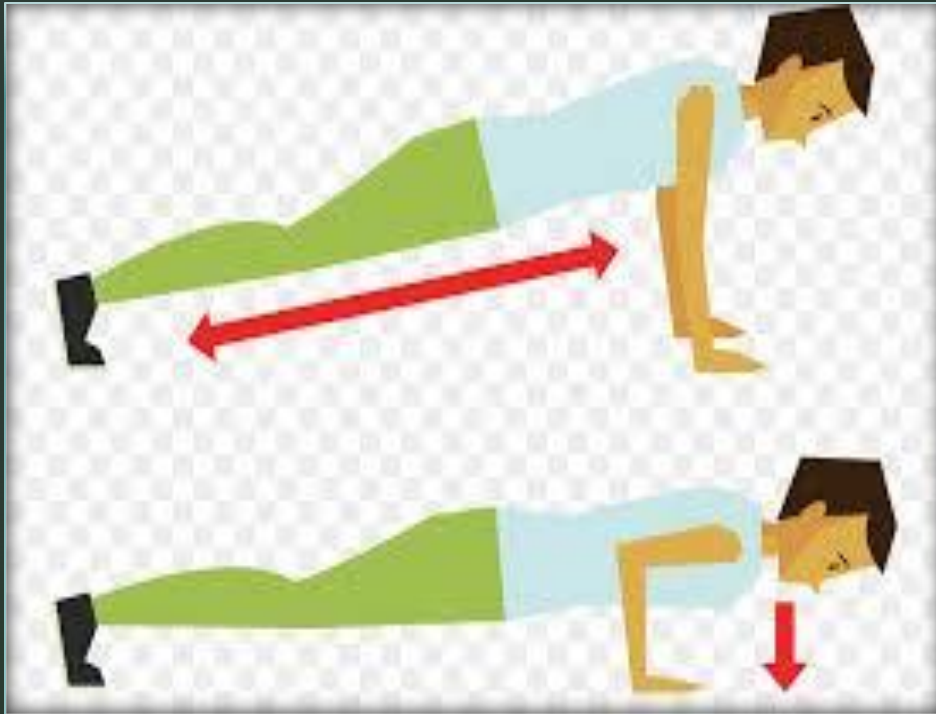
Run in place

Begin to run in place.

Run in place for either
10, 20, 25 seconds.

Which ever you choose
to do to get to 100.

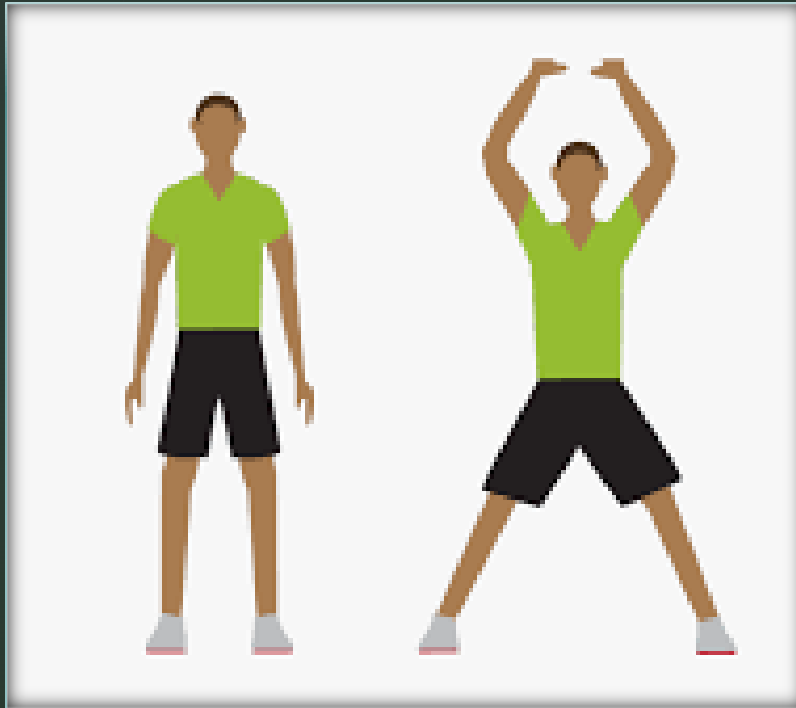
Exercise: #3



Push Ups

Get down on all fours, place hands slightly wider than your shoulder. Lower your body and push yourself up. Repeat!

Exercise #4



Jumping Jacks

When you jump, open legs and bring arms out and over you head. Repeat!

Do Arm Circles



Exercise # 5

Arm Circles

Stand with feet shoulder width apart and extend your arms parallel to the floor. Begin to make circles with your arms

Exercise #6

Dips

Lower your body by bending your arms while leaning backwards. Dip down until your shoulder are below your elbows. Lift your body up by straightening your arms. Repeat!!



Exercise #7



Planks

Position yourself as if you were going to do a push up. Squeeze your tummy and glutes and hold the position for 10, 20, or 25 seconds.

Exercise # 8

Squats

Stand with feet shoulder width apart. Toes pointing out. Send hips back as if you were going to sit down on a chair but you stand back up. Repeat!!!



Exercise #9



Lunges

Stand tall with feet hip width apart.

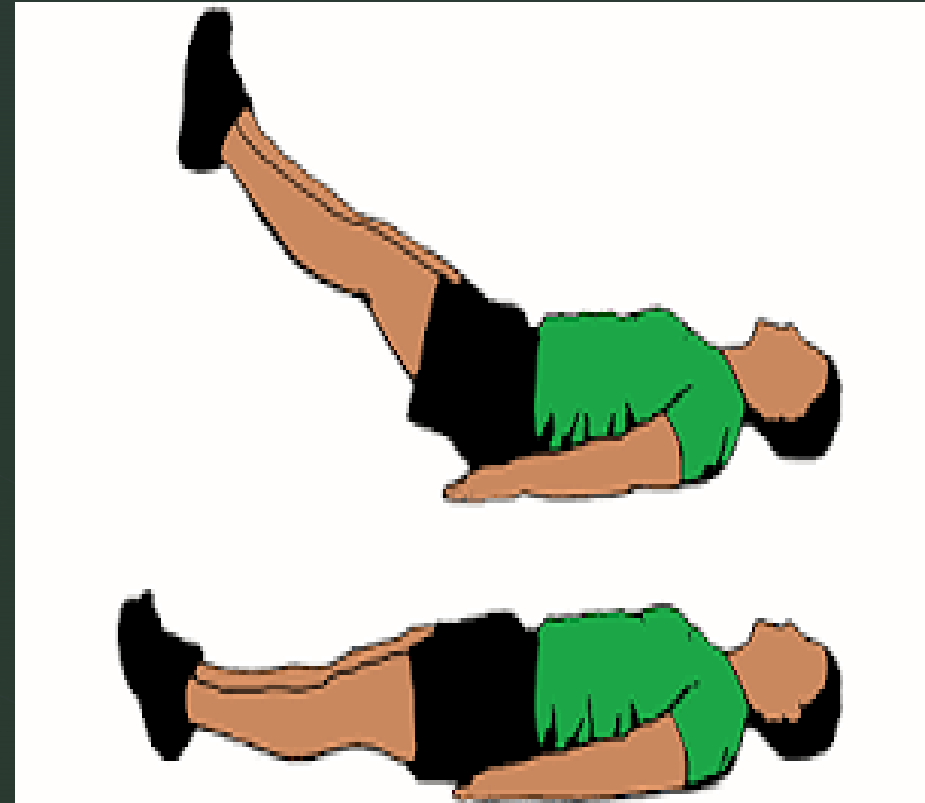
Take a big step and lower your body till your thigh is parallel to the floor and your shin is vertical. Press into heel to drive back up to standing position.

Alternate legs. Repeat!!!

Exercise #10

Leg Raises

Lie on your back, legs straight and together. While keeping your legs straight, lift them up to the ceiling until your bottom comes off the floor. Slowly lower your legs till they're just above the floor. Raise your legs back up. Repeat!!!!



Thank You!!!

