

We recommend 20-60 minutes of exercise every day!

Choose one of the workouts suggested for each day to keep active and moving while stuck at home. Share your favorite workouts with your classmates by commenting in Teams!

PE Day 1 (pick one):

- (3) 20 min walks (morning, after lunch, before dinner)
- Skateboard, jump rope, shoot baskets (20 min)
- Zumba [30-Minute STRONG by Zumba® Cardio and Full-Body Toning Workout](#)

PE Day 2 (pick one):

- (3) 20 min walks (morning, after lunch, before dinner)
- Complete gauntlet use this link! [Gauntlet day 1](#)
- Yoga <https://www.youtube.com/watch?v=Pz5sO8b9G2o>
- 20 min bike or 20 min walk

PE Day 3 (pick one):

- (3) 20 min walks (morning, after lunch, before dinner)
- Ladder push-ups or Ladder sit-ups
- Push ups: [Workout Intensifier: 1-10 Push Up Ladder](#)
- Sit up ladder (follow video above, but rather than push-ups complete sit ups) -- do it twice
- Afternoon meditation:
[20 Minute Mindfulness Meditation for Being Present / Mindful Movement](#)
- Skateboard, jump rope, (20 min)
- Basketball players? Check out this video and Play Around the world!
[AROUND THE WORLD BASKETBALL SHOOTING CHALLENGE](#)

