



## McLean School Physical Education Home Workouts

### Upper School: (30 minutes or more of exercise per day)

\*If you are unsure how to perform an activity or exercise, please reach out to the PE department for assistance. Feel free to also use YouTube or the internet for more information.

Monday (4/20)	Tuesday (4/21)	Wednesday (4/22)	Thursday (4/23)	Friday (4/24)
<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>	<p><b>*Mindful minute:</b> Find a quiet, comfortable place to sit. Be sure to have good posture. Take deep breaths, focusing on your breathing. Repeat for 1 minute</p>
<p style="text-align: center;"><b>Run or walk for 20-30 mins Or 10-30 seconds of each exercise for 10-15 mins</b></p> <ul style="list-style-type: none"> <li>-Jumping Jacks</li> <li>-Mountain Climbers</li> <li>-Crunches</li> <li>-Plank to Elbows</li> <li>-Jump Rope</li> <li>-Heel to Bottom</li> <li>-Squat Jumps</li> <li>-Bicep curl to arm press</li> <li>-Jog in place</li> </ul> <p style="text-align: center;"><b>Rest then Repeat!</b></p>	<p><b>*Repeat exercises in order 2-3 times. Take 30-60 second breaks in between each exercise.</b></p> <ul style="list-style-type: none"> <li>-10 Burpees</li> <li>-10 Toe touches crunches</li> <li>-8 Burpees</li> <li>-8 Toe touch crunches</li> <li>-6 Burpees</li> <li>-6 Toe touch crunches</li> <li>-4 Burpees</li> <li>-4 Toe touch crunches</li> <li>-2 Burpees</li> <li>-2 Toe touch crunches</li> </ul> <p style="text-align: center;"><b>Rest then Repeat!</b></p>	<p><b>Workout: HIIT (High Intensity Interval Training)</b> <b>Complete 3 times</b></p> <ul style="list-style-type: none"> <li>-30 Seconds- Run in place</li> <li>-12 Bicep curls</li> <li>-30 Seconds- Run in place</li> <li>-12 Push ups</li> <li>-30 Seconds- Run in place</li> <li>-12 Jumping Jacks</li> <li>-30 Seconds- Run in place</li> <li>-12 Heel to Bottom</li> <li>-30 Seconds- Run in place</li> </ul> <p style="text-align: center;"><b>Rest then Repeat!</b></p>	<p style="text-align: center;"><b>Run/Walk/Ride a bike 20-30 minutes OR Complete exercises below (Repeat 3 times)</b></p> <ul style="list-style-type: none"> <li>-2 minute Jump Rope</li> <li>-10 Bear Crawl Push Ups</li> <li>-30 Second Squat Jumps</li> <li>-15 Plank to Elbows</li> <li>-30 Seconds Mountain Climbs</li> <li>-5 Minute Stair Runs (Inside or outside)</li> </ul> <p style="text-align: center;"><b>Rest then Repeat!</b></p>	<p style="text-align: center;"><b>Friday (Fun Friday): Repeat any of the following workouts above or:</b></p> <ul style="list-style-type: none"> <li>-Shoot hoops</li> <li>-Throw &amp; Catch</li> <li>-Walk up steps (Inside or outside)</li> <li>-Floor is lava challenge</li> <li>-Dance</li> <li>-Yoga</li> <li>-Go for a walk</li> </ul>

<p><b>Core Workout: (Repeat 4 times)</b></p> <ul style="list-style-type: none"> <li>-10 Crunches</li> <li>-10 Flutter Kicks</li> <li>-10 Russian Twists</li> <li>-10 Elbow to Knee</li> <li>-10 Windshield Wipers</li> </ul>	<p><b>Core Workout: (Repeat 3 times)</b></p> <ul style="list-style-type: none"> <li>-15 Crunches</li> <li>-15 Flutter Kicks</li> <li>-15 Russian Twists</li> <li>-15 Elbow to Knee</li> <li>-15 Windshield Wipers</li> </ul>	<p><b>Core Workout: (Repeat 2 times)</b></p> <ul style="list-style-type: none"> <li>-20 Crunches</li> <li>-20 Flutter Kicks</li> <li>-20 Russian Twists</li> <li>-20 Elbow to Knee</li> <li>-20 Windshield Wipers</li> </ul>	<p><b>Core Workout (Repeat 1 time)</b></p> <ul style="list-style-type: none"> <li>-25 Crunches</li> <li>-25 Flutter Kicks</li> <li>-25 Russian Twists</li> <li>-25 Elbow to Knee</li> <li>-25 Windshield Wipers</li> </ul>	<p><b>Stay Active!</b></p>
<p><b>Reflection:</b></p> <p>What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>	<p><b>Reflection:</b></p> <p>What time of day did you work out (Morning, Afternoon, Evening)? How did you feel afterwards? Share your feelings with a family member or friend.</p>

If you are unable to perform the required exercises above, please feel free to contact Ms. Chambers ([bchambers@mcleanschool.org](mailto:bchambers@mcleanschool.org)) or Mr. McDonald ([amcdonald@mcleanschool.org](mailto:amcdonald@mcleanschool.org)) for alternative options.