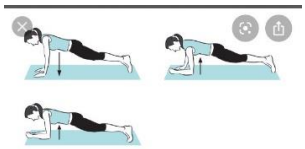
PE Challenge for April 27 – May 1

Monday – Spell you Name Workout

You will spell out each letter in your FIRST name and perform the exercise that is next to that letter. Spell your FIRST name out two times.

A – 10 burpees	B – 30 sec plank	C – 20 squats
D – 10 push-ups	E – 20 mountain climbers	F – 20 flutter kicks
G – 15 sec plank	H – 10 sit-ups	I – 20 jumping jacks
J – 5 burpees	K – 15 mountain climbers	L – 15 push-ups
M – 10 flutter kicks	N – 10 push-ups	O – 20 sit-ups
P – 30 mountain climbers	Q – 20 jumping jacks	R – 15 sec plank
S – 15 squats	T – 10 burpees	U – 20 sit-ups
V – 10 flutter kicks	W – 30 jumping jacks	X – 10 burpees
Y – 15 squats	Z – 20 mountain climbers	

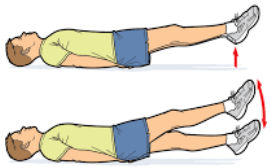
Burpees



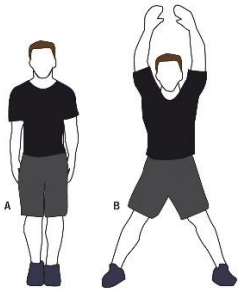
Planks

Squats

Mountain Climbers



Flutter Kicks



Jumping Jacks

Push –ups

Sit – ups

Tuesday – Jump rope for 10 minutes OR imaginary jump rope for 10 minutes. See how many cool tricks you can do!

Wednesday - Spell you Name Workout

You will spell out each letter in your MIDDLE name and perform the exercise that is next to that letter. Spell your MIDDLE name out two times.

Thursday - Take a family walk for 20 minutes.

Friday - Spell you Name Workout

You will spell out each letter in your LAST name and perform the exercise that is next to that letter. Spell your LAST name out two times.