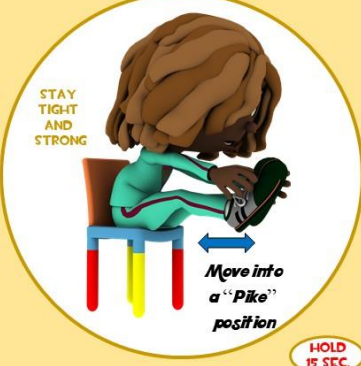


PE

DISTANCE LEARNING SERIES

CHAIR V-SIT



STAY TIGHT AND STRONG

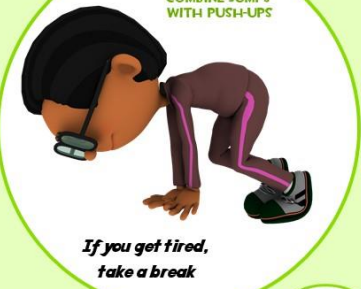
Move into a "Pike" position

HOLD 15 SEC.

Sitting in a chair, lift your legs and reach your hands towards your toes. Hold this position.

19 Home Fitness

BURPEES



COMBINE JUMPS WITH PUSH-UPS

If you get tired, take a break

15 REPS

Jump up. Squat down and kick your legs out straight into a push-up position. Do 1 pushup. Jump back to your feet and repeat.

20 Home Fitness

FITNESS

DANCE



TRY SOME
DIFFERENT
DANCES!

*Sway to the
music*

1 MINUTE

Listen to the music and move
your body in and around
your personal space.

1

Home Fitness



CALF RAISE



Raise and lower your heels off the ground. Pause slightly at the top of your movement.

2

Home Fitness



CHAIR HEEL DIGS



30 REPS

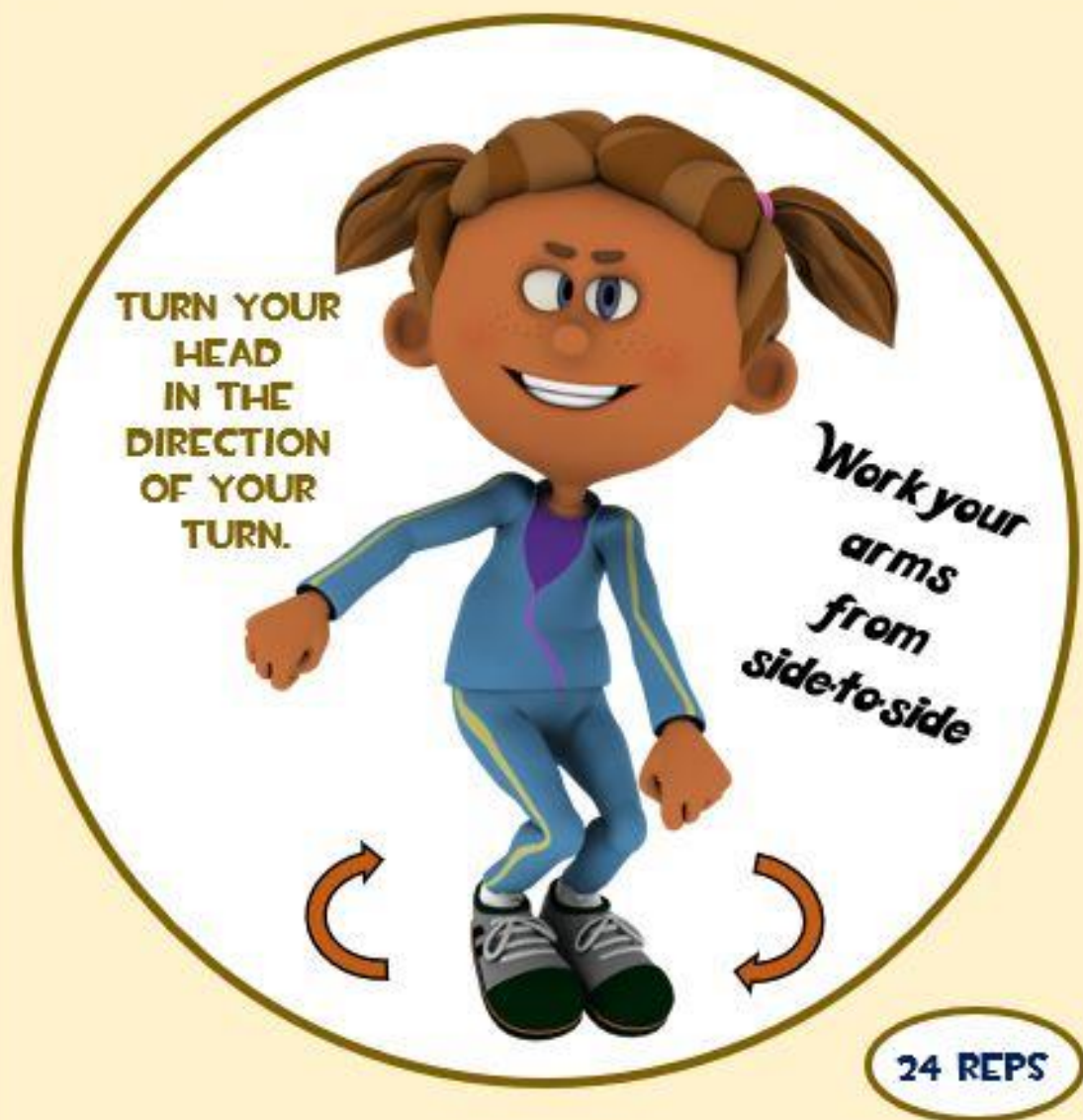
Push you leg out in front of you and
place your heel down to the ground.
Alternate your right and left leg.

3

Home Fitness



JUMP AND TWIST



Jump up in the air and simultaneously twist your body from side-to-side.

4

Home Fitness



KNEE TO ELBOW



KEEP UP AN
EVEN PACE

*Swing your
arms and
breathe*

30 REPS

Bring your right elbow to your left knee then bring your left elbow to your right knee. Keep repeating.

5

Home Fitness



SQUATS

*Keep your
arms out
in front of
your body*



KEEP YOUR
HEELS FLAT

15 REPS

Start by standing up straight and then squat down like you are sitting in a chair. Go back up straight and repeat.

6

Home Fitness



ARM ROLLS



**Keep your
arms
straight
and tight**

**TRY GOING
FORWARD AND
BACKWARD**

1 MINUTE

**Rotate your arms in a circle.
Roll them either in a forward or
backward direction.**



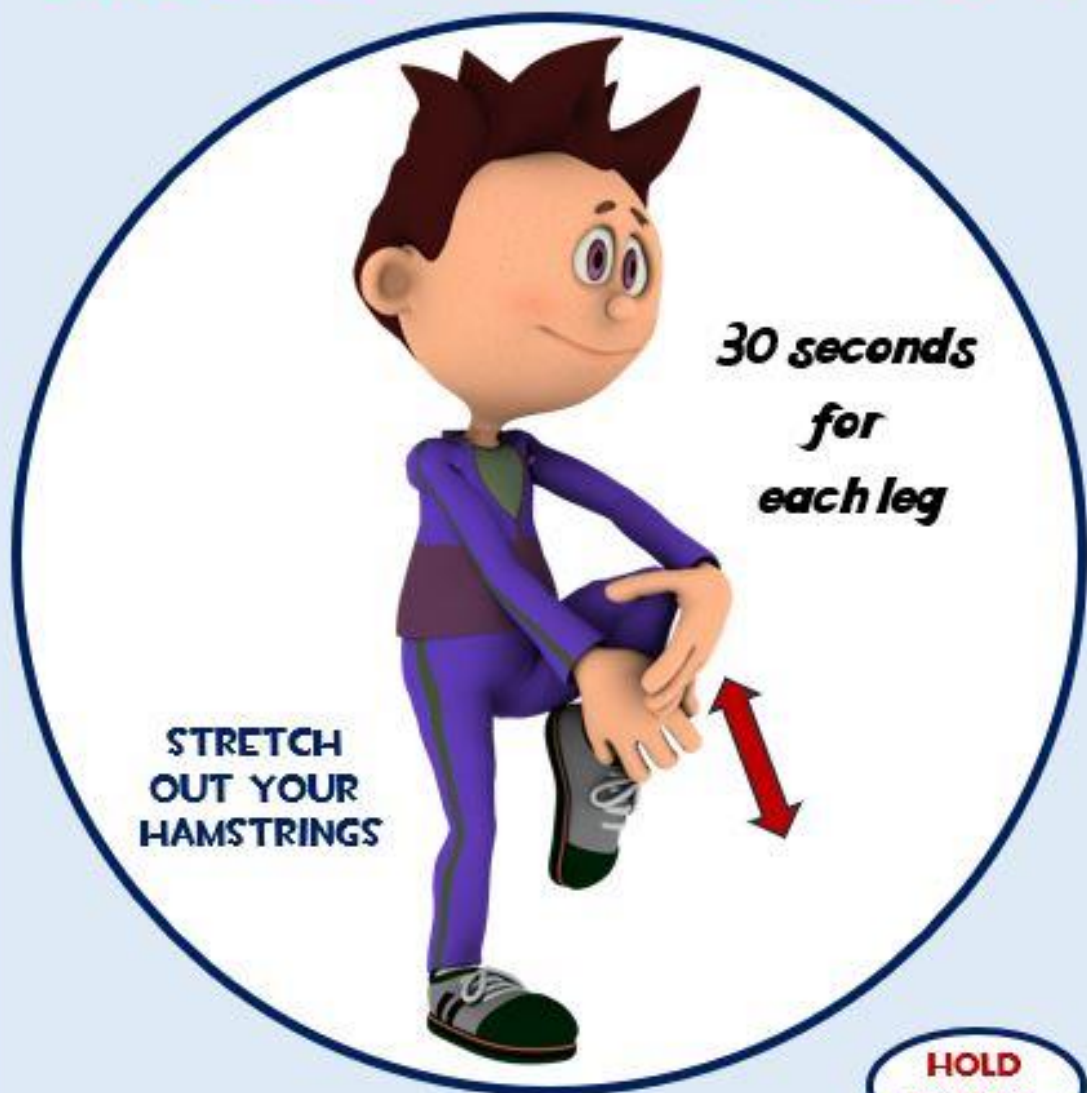
CHAIR CRUNCHES



While sitting in a chair, slowly bring your knees up to your chest and then straighten your legs back out. Repeat.



KNEE TO CHEST



STRETCH
OUT YOUR
HAMSTRINGS

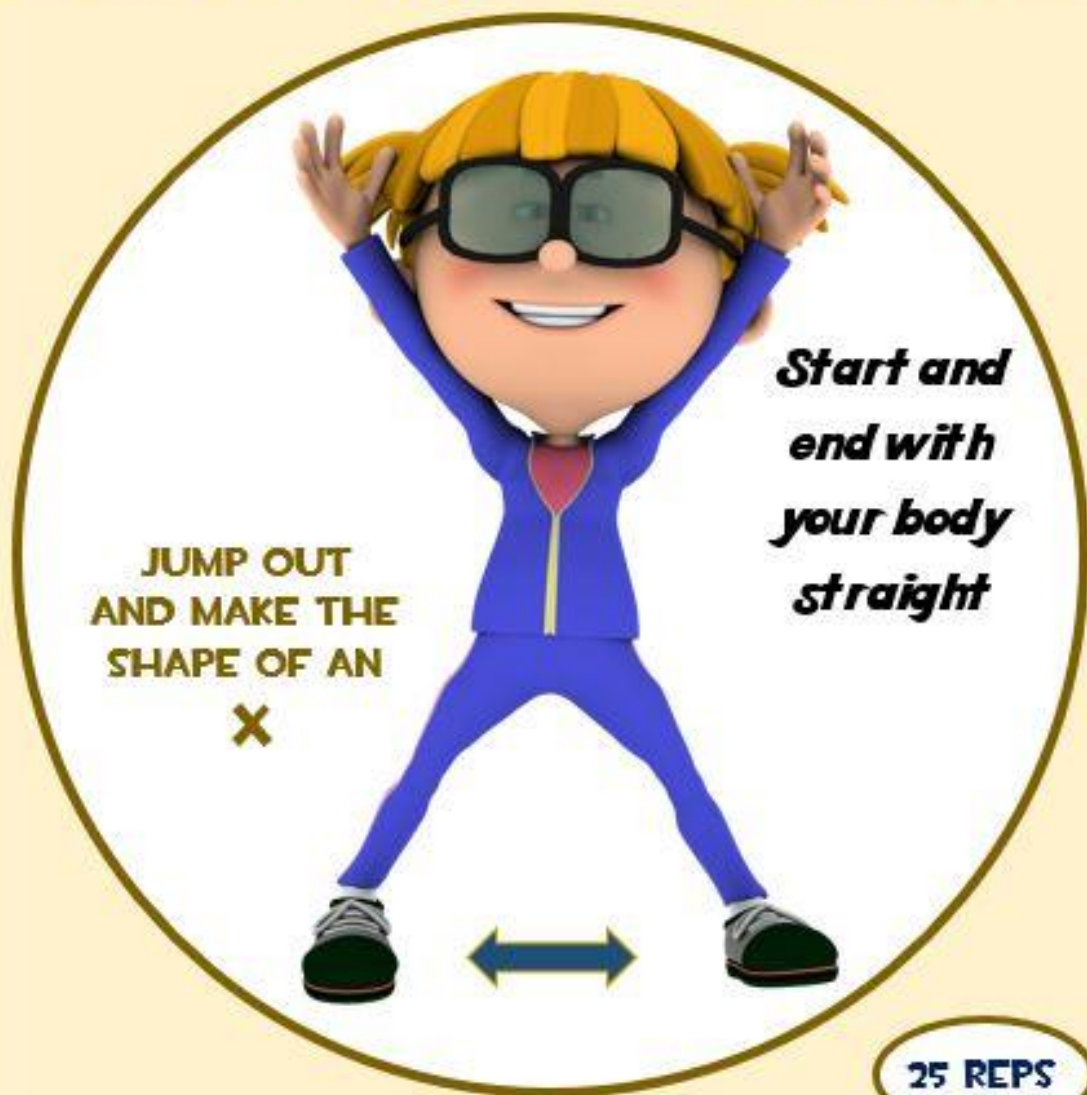
*30 seconds
for
each leg*

**HOLD
30 SEC.**

Using both hands pull your left
knee to your chest and hold it.
Repeat with your right leg.



JUMPING JACKS



Jump out with your arms and legs and then jump back so your body is straight with your arms by your sides.

10

Home Fitness



LEG SWINGS

Hold on
to your
chair with
1 hand

KEEP YOUR
SWINGING
LEG
STRAIGHT



18 REPS

Swing your right leg from the front to the back and then switch over to your left leg to swing.

11

Home Fitness



JOG IN PLACE



1 MINUTE

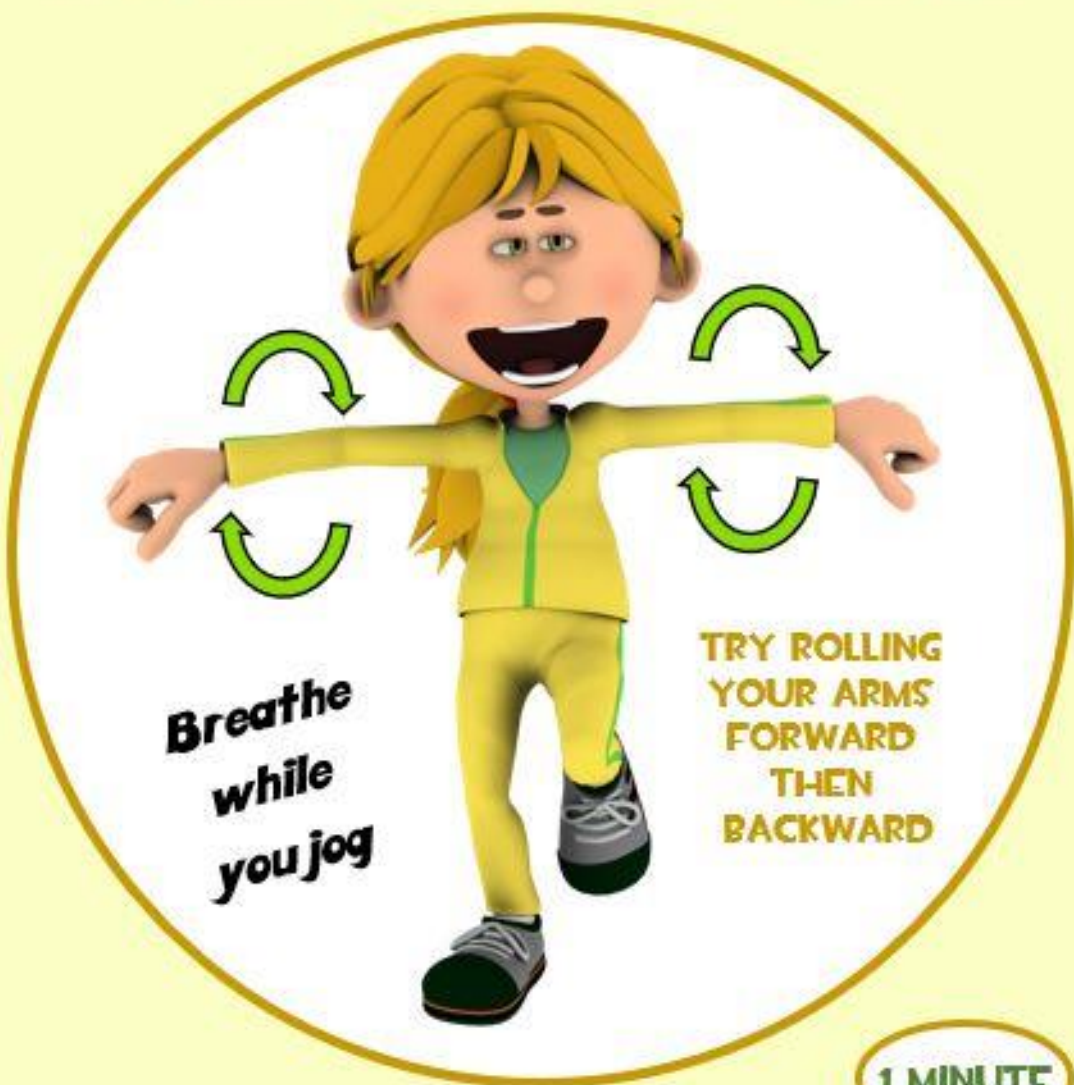
Jog on the spot in your personal space. Change speeds to go from slow to fast and back to slow.

12

Home Fitness



ARM ROLL JOG



Jog on the spot in your personal space and roll your arms forward and backwards while you jog.



FLUTTER KICKS

LAY FLAT ON
YOUR BACK AND
KEEP YOUR
BODY STRAIGHT



*Keep your
legs straight
and strong*

40 REPS

Lay on your back and kick your legs up and down quickly like you are swimming in a pool.

14

Home Fitness



HEISMAN STEPS

Repeat back
and forth
from left
to right



DO A
“HEISMAN”
POSE ON
EACH SIDE

30 REPS

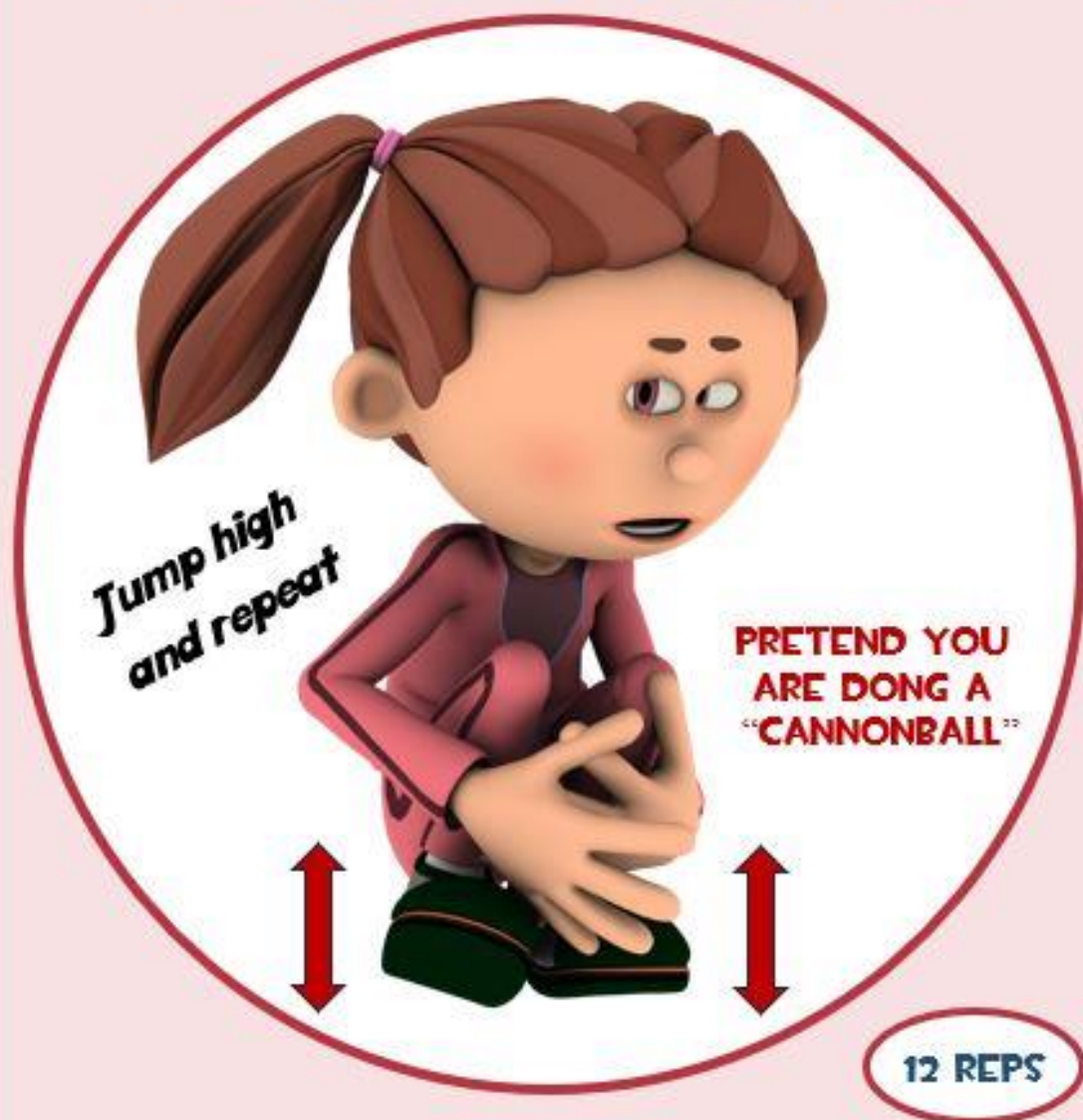
Jump to your right leg and bring your left knee up high then jump to left leg and bring your right knee up high.

15

Home Fitness



TUCK JUMPS



Start by standing up straight. Then jump up high and grab your knees in the air and land back straight.

16

Home Fitness



TOE TOUCHES



**HOLD
30 SEC.**

Start by standing up straight. Reach down to your toes and keep your legs straight. Hold this position.

17

Home Fitness



WALK THE ROOM



Leave your personal space and **WALK** around the room being careful to not touch anything as you move.



CHAIR V-SIT

STAY
TIGHT
AND
STRONG



*Move into
a "Pike"
position*

**HOLD
15 SEC.**

Sitting in a chair, lift your legs
and reach your hands towards
your toes. Hold this position.



BURPEES

COMBINE JUMPS
WITH PUSH-UPS



*If you get tired,
take a break*

15 REPS

Jump up. Squat down and kick your legs out straight into a push-up position. Do 1 pushup. Jump back to your feet and repeat.

20

Home Fitness



LUNGES



Start by standing up straight. Take a large step forward with your left leg and lower your body down over that leg. Press back to the start.

21

Home Fitness



BOXER JOG



1 MINUTE

Jog on the spot in your personal space and alternately punch your arms out in front of you while you jog.



CHAIR TOE TOUCHES



30 REPS

Start with 1 foot on a chair. Alternate steps with the bottom of each foot touching the chair with each step.



POWER SQUATS



Start by standing up straight and then squat down like you are sitting in a chair. Explode up and jump up high in the air. Repeat

24

Home Fitness



CAT STRETCH

*Breathe deep
while you
stretch*



HOLD THE CAT
STRETCH POSE
FOR 5 - 10
SECONDS

10 REPS

Start on your hands and knees facing down. Round your back and lift your stomach towards your spine and hold it.

25

Home Fitness



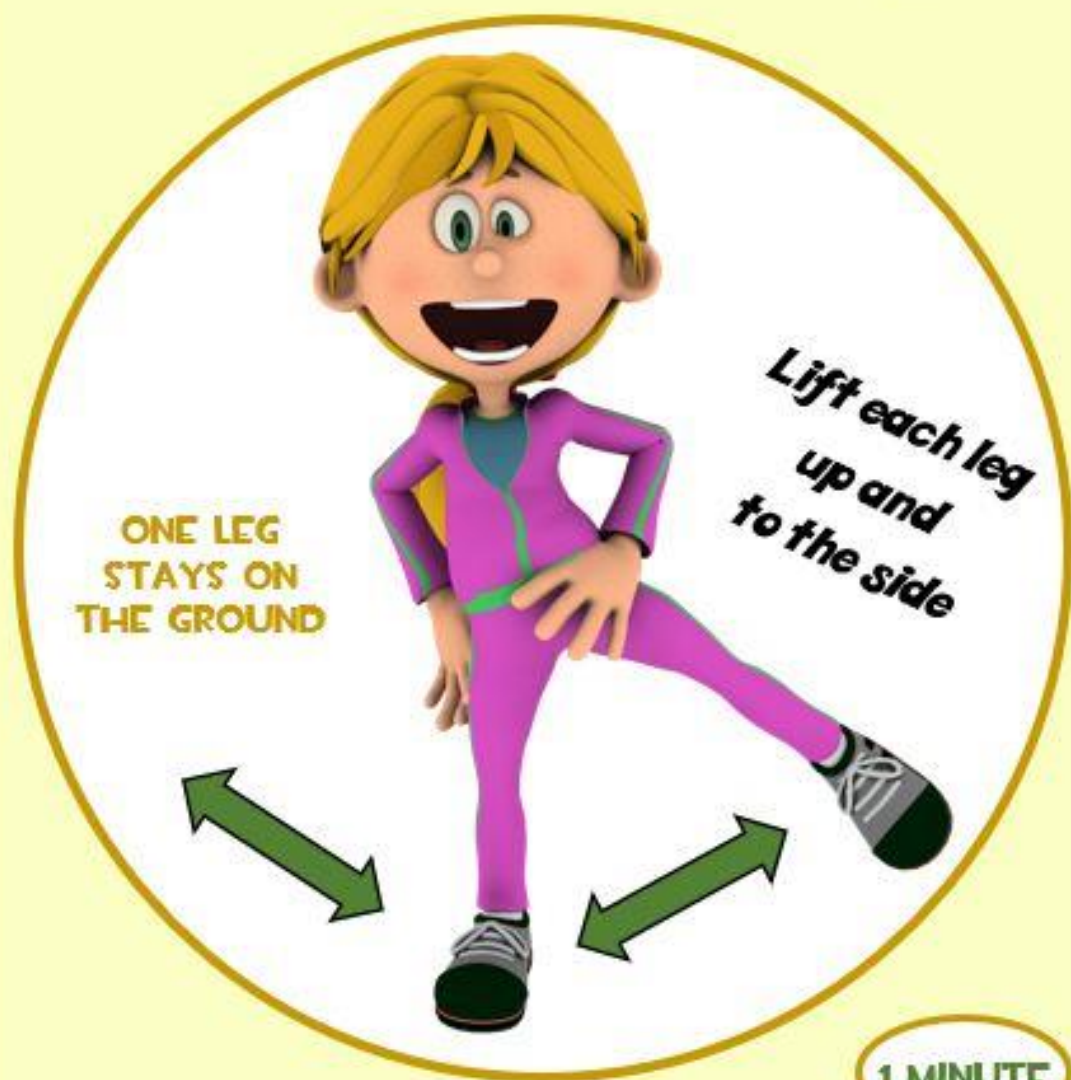
STAR JUMPS



Start standing up in a straight position. Jump up high and make the shape of a star or X in mid-air.



PENDULUM SWING



ONE LEG
STAYS ON
THE GROUND

Lift each leg
up and
to the side

1 MINUTE

Swing your legs, one at a time, from side to side. When your left leg comes down, your right leg moves up.



MOUNTAIN CLIMBERS



Start in a push-up position. Move your legs in a running motion bringing one at a time up near your hands.



LEG RAISES



15 REPS

Lay flat on your back. Slowly lift both legs up off the ground and up towards the ceiling. Bring them back down.



PLANK HOLD

YOUR BODY
STAYS IN THE
“UP” POSITION



*Keep your
arms straight
and strong*

30 SECS

Get into a pushup position. Hold your body in that position on your hands and toes with your arms and body straight.

30

Home Fitness



STRAIGHT JUMPS



25 REPS

Start standing up in a straight position. Jump up and down flexing at your knees as you land each jump.

31

Home Fitness



1 LEG BALANCE

*Keep your
head up
and look
forward*



**KEEP YOUR
BODY TIGHT
AND STRONG**

30 SECS

Lift your left leg and hold it in front or behind you while you balance on your right leg. Switch legs

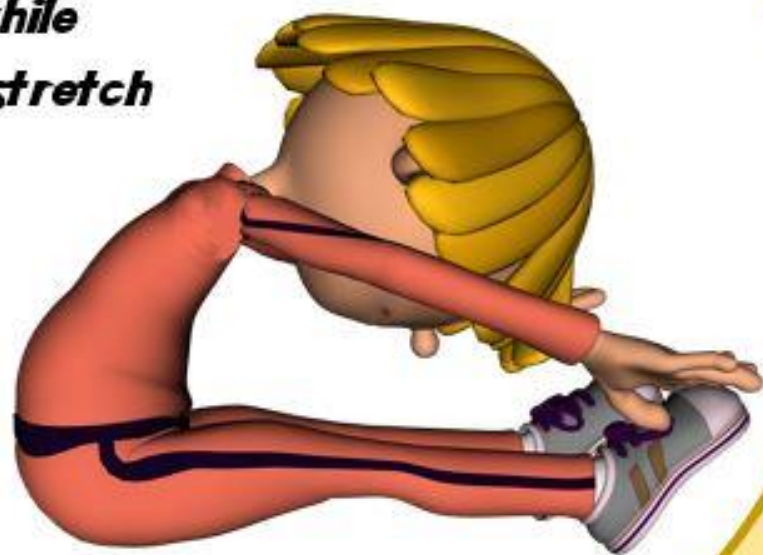
32

Home Fitness



SIT AND REACH

*Breathe
while
you stretch*



HOLD FOR
15 - 20 SECONDS

3 REPS

In a seated position with your legs out straight, reach forward toward your toes and hold the stretch.

33

Home Fitness



TRUNK LIFT

HOLD FOR
15 - 20
SECONDS



Breathe

3 REPS

Laying face down, lift your upper
body and chin up off the ground
Keep your head up and look forward.

34

Home Fitness



CRAW PUSHPUS



*Stay
strong*

CONTINUE IN AN
UP AND DOWN MOTION

1 MINUTE

Start from a crab position, bend your
elbows and dip down to the ground.
Push back up to the starting position.

35

Home Fitness



SIT-UPS



KEEP YOUR
CORE TIGHT
AND STRONG

*Exhale
on the
way up*

20 REPS

Lay on your back with your knees bent and arms across your chest. Lift your body up using your abdominal muscles and return back down.

36

Home Fitness



BUTTERFLIES

*Breathe
while
you stretch*



HOLD FOR
15 - 20
SECONDS

3 REPS.

In a seated position with the soles of your feet together, push down on your knees with your elbows.

37

Home Fitness



PUSH-UPS

*Keep your
elbows tucked in*



**TIGHTEN YOUR
CORE MUSCLES**

12 REPS

With your hands and feet shoulder width apart, bend your elbows until your arms get to 90 degrees and then push back up.

38

Home Fitness



HALF TURN JUMPS

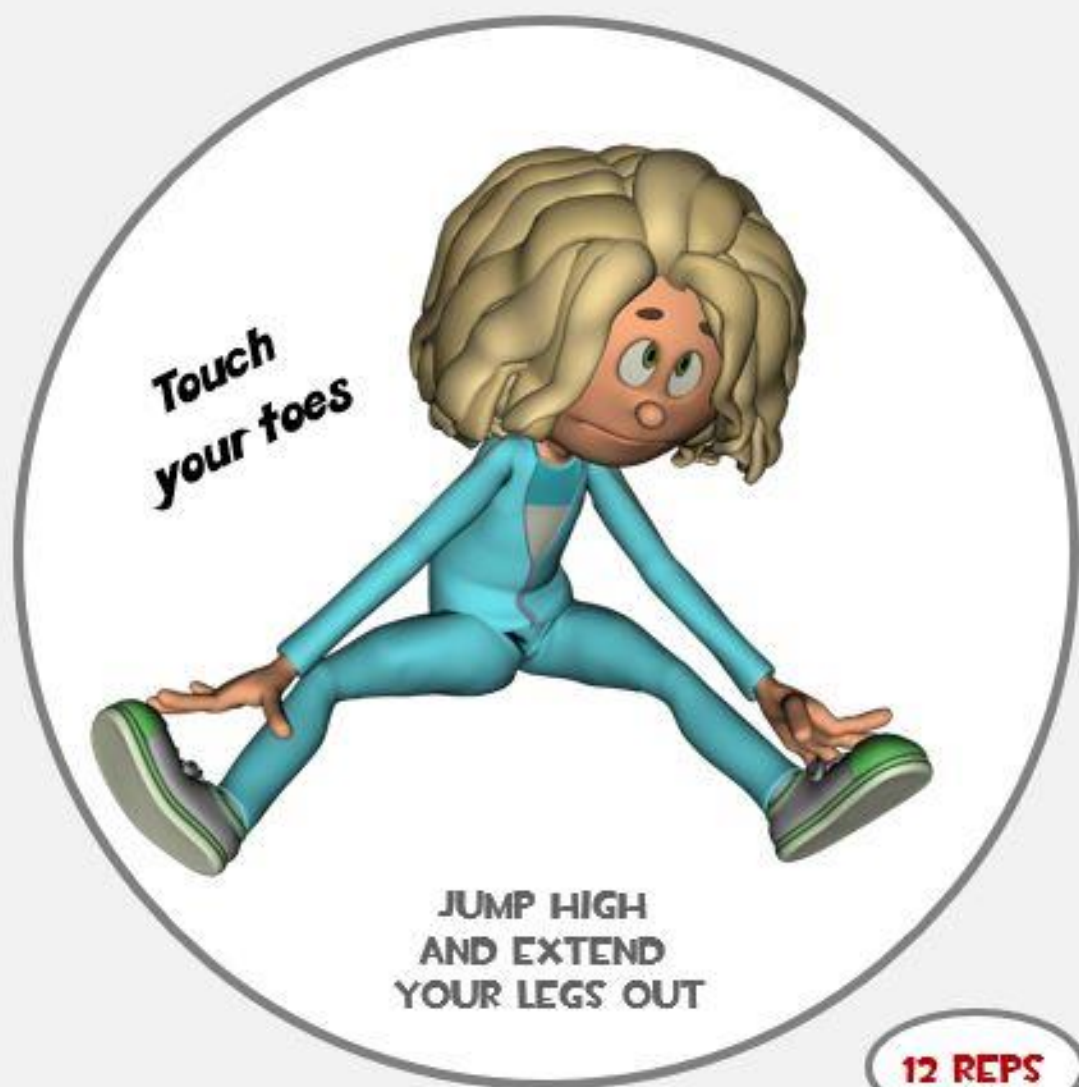


20 REPS

Jump up in the air and turn around a half a revolution. Land your jump and repeat.



STRADDLE JUMPS



12 REPS

Start by standing straight and then jump up high in the air into a straddle position. Land and repeat.

40

Home Fitness

