

A large, empty gymnasium with a wooden floor and a basketball hoop in the background. The text is overlaid on the image.

**Don't forget to get moving!
Mr. Dixon has sent the
following workouts for this
week.**

Monday

jumping jacks 30 sec.

seal jacks 30 sec.

mountain climbers 15 sec.

push ups 15 sec.

triangle pose hold each side 15 sec.

L pose hold 15 sec.

W pose hold 15 sec.

V pose hold 15 sec.

butterflies hold 15 sec. lean forward for 10 sec

jog in pace 15 sec

burpees 30 sec.

plank high/low 45 sec.

repeat last 3 exercises 3 times

Tuesday

Go for a two mile hike/walk
ex: Poor House or Third Battle Field in Winchester
(don't forget to take your pup)

Wednesday

seal jacks 30 sec.

mountain climbers 20 sec.

triangle pose 10 sec.

jumping jacks 40 sec.

mountain climbers 30 sec.

superman pose 20 sec.

(lay on your belly and lift arms and legs off the floor)

run in place 50 sec.

squat jumps 40 sec.

low plank 30 sec.

burpees 60 sec.

jump rope 50 sec.

spiderman plank 40 sec.

(alternating right/left)



Thursday



***Get outside and crank up that bike.**

***Put on some music and dance.**

***Crab walk and balance a ball on
your belly while doing it. (get those hip up high)**

***Music and jump rope**

Friday

jumping jacks 45 sec.

triangle pose 20 sec.

jog 15 minutes

sprints/30 drill 20 yards.

walk 5 minutes

L pose 20 sec.

butterflies 20 sec.

**“Courage is not having the strength
to go on; it is going on when you
don't have the strength.”**

– Theodore Roosevelt