



# Stay Active!



Week of May 11th

## Monday

### Cardio Flip the Bottle

1. Get a plastic bottle of water (disposable one)
2. Fill it a little bit, like 2 inches, with water.
3. You can flip the bottle a five times after you perform a set of the following repetitions. See if you can land it upright

- 10 jumping jacks/side-step
- **FLIP!**
- Hold a plank on the ground or push against a wall/parent's hand for 30 seconds
- **FLIP!**
- Roll like a log, 10 times
- **FLIP!**
- 20 squats
- **FLIP!**



## Tuesday

### BEAN BAG TARGET PRACTICE

Materials:

1. Roll a few pairs of socks into a ball
2. Draw a few targets on paper and tape them to a wall
3. Use your socks as a ball, throw it overhand and try to hit the target

#### THROWING STEPS

1. Remember to wind your arm (by your ear)
2. Step with opposition
3. Look or point to the target with your other hand
4. Release across your body



## Wednesday

### YOGA WEDNESDAY

Practice some relaxation and stretching today. Wind down and practice breathing.

Hope you love Star Wars!



<https://youtu.be/fIK2Nasd-AI>

Cosmic Yoga has a lot of options if you aren't a fan of Star Wars!

## Thursday

Warm up by dancing to Pop-See Ko

<https://youtu.be/LMxtwzroMTQ>

Complete this fun workout!



## Friday

### Freedom of Choice

Today, pick from one of these activities to do with your family.

1. Go for a 20-minute run/30-minute walk
2. Ride your bike for 30 minutes
3. Jump rope for 20 minutes, challenge someone to do it with you too
4. Go swimming in your pool for 30 minutes
5. Throw some water-balloons and have a fight!



# TABATA



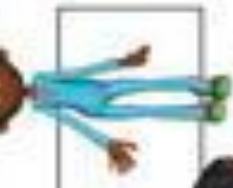
1. PUSH-UPS



10 SEC REST

20 SEC MOVE

2. SKIER JUMPS



10 SEC REST

20 SEC MOVE

3. ALT. LEG KICKS



10 SEC REST

20 SEC MOVE

4. BURPEES



10 SEC REST

20 SEC MOVE

5. SQUATS



10 SEC REST

20 SEC MOVE

6. JOG IN PLACE



10 SEC REST

20 SEC MOVE

6

HIGH INTENSITY INTERVAL TRAINING