

8th PEMay 18th-22nd **COACH TREJO****STUDENT NAME:** _____**Workout Overview**

| Date | Workouts |
|---------------------------------|---|
| Monday, May 18th | 1. 10 minute Jog |
| Tuesday, May 19 th | 1. Full body workout (minor assessment) |
| Wednesday, May 20 th | 1. Buddy Run |
| Thursday, May 21 st | 1. Circuit Workout |
| Friday, May 22 nd | 1. Active Play |

Additional Notes:

If you have any questions/concerns please don't hesitate to reach out to be by email at Jonpaul.Trejo@greatheartsnorthernnoaks.org

Athlete Honesty

I certify that I completed these workouts to the best of my ability and by holding myself up to a standard of excellence.

Student signature:

I certify that my child completed these workouts in compliance with a high standard of excellence.

Parent signature:

MINOR ASSESSMENT SIGN OFF: _____**Monday, May 18th**

10 min jog. *As you work-out, focus on:*

1. Try to minimize walking try to push yourself towards excellence

2. Focus on form
 3. Excellent Posture (meaning no hand on knees)
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Tuesday, May 19th (Minor Assessment)

Full Body Circuit workout If you need to rest use your own prudence by resting 10-30 seconds after each workout. But do try to push yourself by completing the workout without any rest.

Please have a family member watch you complete this assessment. When you complete it, have the family member sign at the MINOR ASSESSMENT SIGN OFF section at the beginning of the packet.

1. Push-ups (25 Push ups)
2. Squat Jumps (1 min)
3. Calf Raises (50)
4. Plank Holds (To Failure)
5. Burpees (To Failure)

Key points to focus on during this workout

- a. Push-up form (All the way up & down)
 - b. Head down during Push-ups
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Wednesday, May 20th

Buddy Run (7-10 min) & Choose what time is best for you work out 7 or 10 minutes

1. 10 push-ups
2. 25 jumping jacks
3. 10 Squat Jumps
4. 10 Burpees
5. 15 second plank holds
6. When 1:30 to 1 Min is left of the workout please sprint down and back just like we did in class

Key points to focus on during this workout

- a. Create 25-50 feet of space, The start point is where you begin running the end point is where you do the workout and run back.
 - b. If you do not have a buddy rest for 10 seconds before entering the next exercise. If you do have a buddy rest while he/she is running and working out until you're high fived continue the next workout.
 - c. EXCELLENT Push-up Form
 - d. EXCELLENT Posture (ex: No putting hands over the knees)! If you catch yourself doing this or someone catches you with poor posture, please do 5 push-ups for each time as a consequence.
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Thursday, May 21st

1. 1 min Jumping Jacks
2. Rest 10-20 sec
3. 1 min Push-ups
4. 10-20 sec
5. 1 min Plank holds
6. Rest 10-20 sec
7. 1 min Squat Jumps
8. Rest 10-20 sec
9. 1 min Jumping Jacks
10. Rest 10-20 sec
11. 1 min Push Ups
12. 10-20 sec
13. 1 min Plank Holds

Key points to focus on during this workout

1. ***Wall Sits - Back making full contact with wall, No hands on legs, Hands 100% Full extended, Seek Excellence***
2. ***Seek excellent Posture on all workouts***

Friday, May 22nd Active Day

1. Do anything active ex: basketball with family, baseball, kickball, volleyball, dance, tag, team handball, etc.
2. Minimum time for this active play should be 15 min

Key points to focus on during this workout

- a. Have **FUN** with **FAMILY**
- b. **BE SAFE**
- c. Continue with Excellent Posture.
- d. **IF POOR POSTURE** is caught do 5 push-ups