

Maywood PE Workout Suggestions

Directions:

Complete one activity from EACH SECTION for a full body workout. Try to complete these choices 3 – 5 times per week while we are out of school!

****PLEASE REMEMBER SOCIAL DISTANCING, & DON'T COMPROMISE ANYONE'S HEALTH! CHOOSE A DIFFERENT ACTIVITY IF NECESSARY!***

(1) DAILY CARDIO ACTIVITY:

- 6 minute High Intensity i.e.
RUN / Stair Stepper / Elliptical / High Knees
- 10 minute Medium Intensity
Bike Ride / Jog / Waddle
- 15 minute Low Intensity
Walk / Daily Stretch Routine

(2) STRENGTH TRAINING:

- 20 Push-Ups
- 20 V-Ups
- 1 minute Leg Lifts
- 1 minute Plank : High or Low

(3) ACTIVITY: 20 minutes minimum

- Team Sport
- Outside Play : frisbee, football, golf, baseball, basketball, etc.
- Bike Ride
- Swim / Ski / Skateboard / etc.
- You Tube Fitness Video
- Fitness Class
- Dance
- Martial Arts
- Walk outside : Take the Dog for a walk!
- Hike
- Jump Rope
- Treadmill or indoor exercise equipment