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| Core Exercises | Cardio (heart) Exercise | Exercises |
| Bird-dog for 10 seconds each sideFront Plank x 30 secondsSide Plank x 10 seconds each side | Take a walk for 10 minutes or longer **and/or**Jog 3 minutes or longer  **and/or**ride your bike/scooter above 10 minutes **and/or**Be creative-get your heart pumpingFor 10 minutes. **or**<https://www.youtube.com/watch?v=L_A_HjHZxfI>  | 15 Jumping JacksHop on each foot 10 timesScissor jumps for 15 seconds |
| Popcorn x 30 secondsAirplane x 30 seconds | Take a walk for 10 minutes or longer **and/or**Jog 3 minutes or longer  **and/or**ride your bike/scooter above 10 minutes **and/or**Be creative-get your heart pumpingFor 10 minutes. | Skip for 20 feetJump rope or pretend jump rope x 20 repetitionsJump side to side over a line for 15 seconds |
| Full or modified push-ups x 10Plank x 30 seconds | Take a walk for 10 minutes or longer **and/or**Jog 3 minutes or longer  **and/or**ride your bike/scooter above 10 minutes **and/or**Be creative-get your heart pumpingFor 10 minutes. | Do a dance/exercise video-either a DVD, or online if you can **and/or**Be creative make up your own dance routine.Do this above 15 minutes. |
| Bird-dog for 10 seconds each sideFront Plank x 30 secondsSide Plank x 10 seconds each side | Take a walk for 10 minutes or longer **and/or**Jog 3 minutes or longer  **and/or**ride your bike/scooter above 10 minutes **and/or**Be creative-get your heart pumpingFor 10 minutes. | On the Duzine webpage-go to teachers-find Ann Gregory…do the Yoga videos  **or**<https://www.youtube.com/watch?v=X655B4ISakg> |
| Popcorn x 30 secondsAirplane x 30 seconds | Take a walk for 10 minutes or longer **and/or**Jog 3 minutes or longer  **and/or**ride your bike/scooter above 10 minutes **and/or**Be creative-get your heart pumpingFor 10 minutes. **and/or**<https://www.youtube.com/watch?v=6u9dtrZ_cxs> | Attempt 10 push-upBear walkCrab walkLinks: <https://www.youtube.com/watch?v=dhCM0C6GnrY> |