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| Core Exercises | Cardio (heart) Exercise | Exercises |
| Bird-dog for 10 seconds each side  Front Plank x 30 seconds  Side 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 pumping  For 10 minutes.  **or**  <https://www.youtube.com/watch?v=L_A_HjHZxfI> | 15 Jumping Jacks  Hop on each foot 10 times  Scissor jumps for 15 seconds |
| Popcorn x 30 seconds  Airplane 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 pumping  For 10 minutes. | Skip for 20 feet  Jump rope or pretend jump rope x 20 repetitions  Jump side to side over a line for 15 seconds |
| Full or modified push-ups x 10  Plank 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 pumping  For 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 side  Front Plank x 30 seconds  Side 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 pumping  For 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 seconds  Airplane 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 pumping  For 10 minutes.  **and/or**  <https://www.youtube.com/watch?v=6u9dtrZ_cxs> | Attempt 10 push-up  Bear walk  Crab walk  Links: <https://www.youtube.com/watch?v=dhCM0C6GnrY> |