

## **Physical Education,**

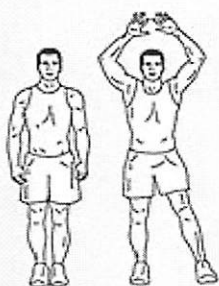
**Students can mix and match exercises from these examples. Try to get at least an hour of physical activity every day. If you can get outside even better.**

**Enjoy!**

# Beginner Cardio

DAREBEE WORKOUT [www.yourgymguides.com](http://www.yourgymguides.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



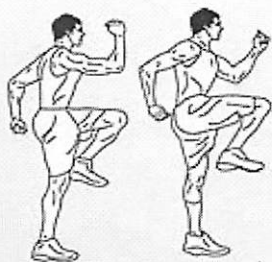
**10** side jacks



**30** jumping jacks



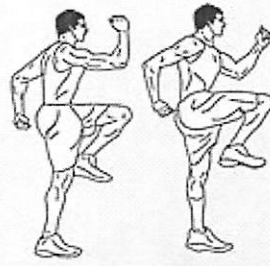
**10** side jacks



**10** march steps



**30** high knees



**10** march steps

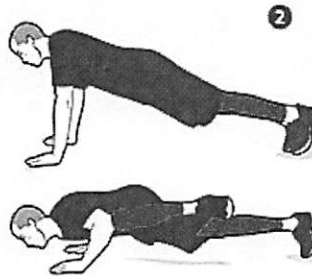
# no gym workout

180



**FRONT SQUATS**

10 reps



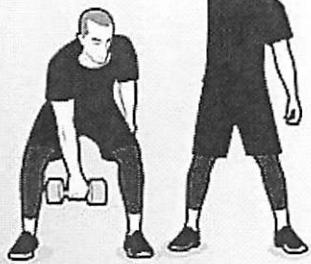
**SPIDERMAN PUSH UPS**

10 reps/side



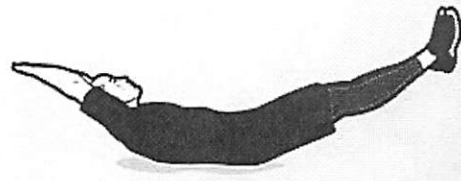
**JUMP SQUATS**

20 reps



**DUMBBELL SNATCHES**

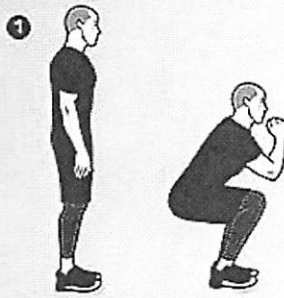
10 reps/side



**HOLLOW BODY HOLD**

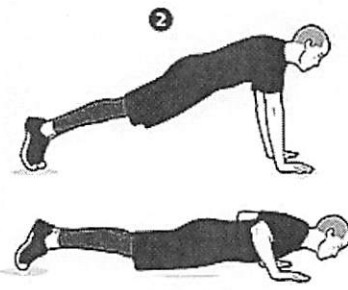
25 seconds

# full body-bodyweight workout



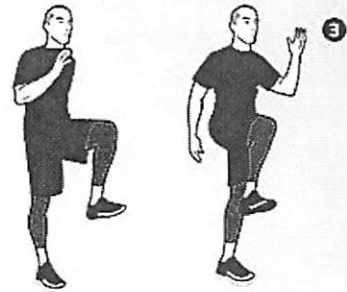
**BODYWEIGHT SQUATS**

15 reps



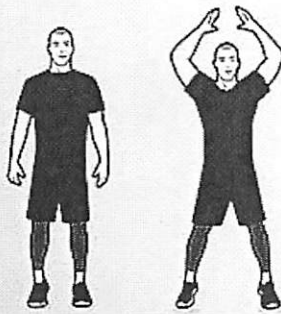
**PUSH UPS**

10 reps



**HIGH KNEES**

20 reps/side

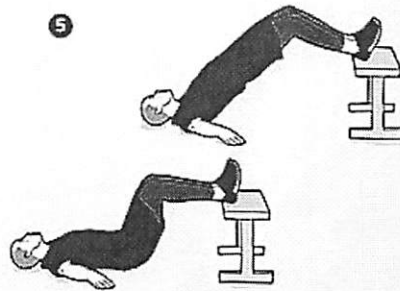


**JUMPING JACKS**

50 reps

4

5



**ELEVATED HIP BRIDGES**

15 reps

BEGINNER

INTERMEDIATE

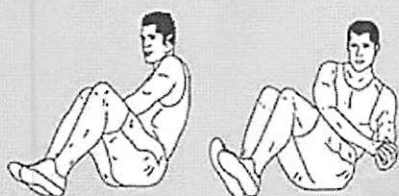
ADVANCED

@PT.PETE

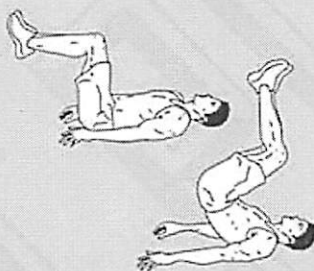
@PT.PETE

# HOME ABS WORKOUT

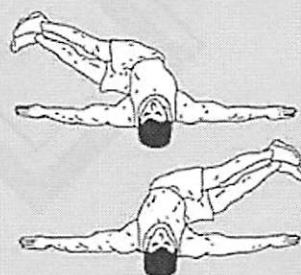
1. RUSSIAN TWIST



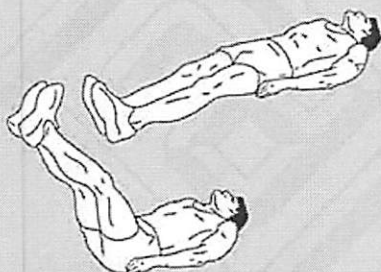
2. REVERSE CRUNCHES



3. WINDSHIELD WIPERS



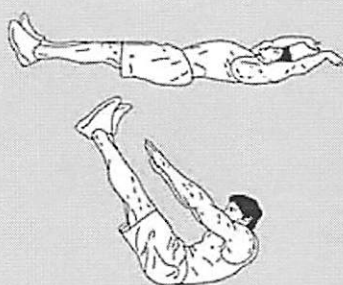
4. LEG RAISES



5. KNEE CRUNCHES



6. JACK KNIVES



10 REPS

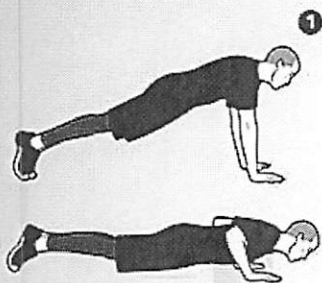
BEGINNER  
INTERMEDIATE  
ADVANCED

SETS: 2  
SETS: 5  
SETS: 7

REST: AS LONG AS YOU NEED  
REST: UP TO 2 MINUTES  
REST: UP TO 1 MINUTE

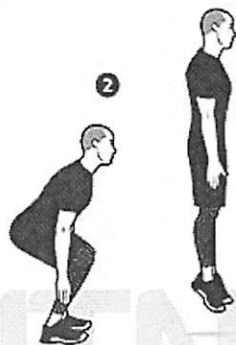
# bodyweight workout

209



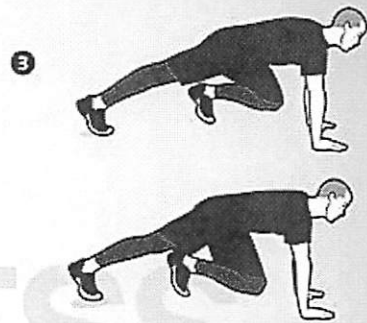
**PUSH UPS**

10 reps



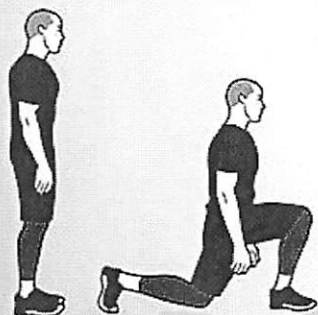
**JUMP SQUATS**

10 reps



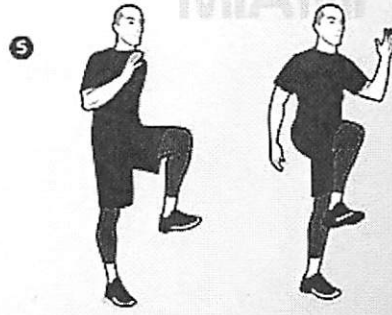
**MOUNTAIN CLIMBERS**

20 seconds



**ALTERNATING FORWARD LUNGES**

10 reps/side



**HIGH KNEES**

15 seconds

# BEST WORKOUT ROUTINE FOR BEGINNERS



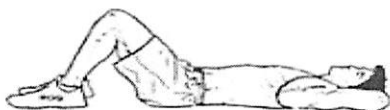
Jumping Jacks / Star Jumps  
40 secs



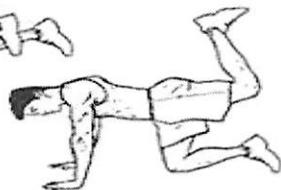
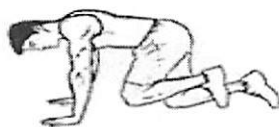
Bodyweight Squat  
2 sets / 8 reps



Bodyweight Walking Lunge  
2 sets / 8 reps



Crunches  
2 sets / 15 reps



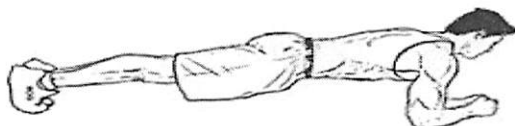
Donkey Kicks  
2 sets / 8 reps



Modified / Knee Push-up  
2 sets



Mountain Climbers /  
Alternating Knee-ins  
2 sets / 12 reps



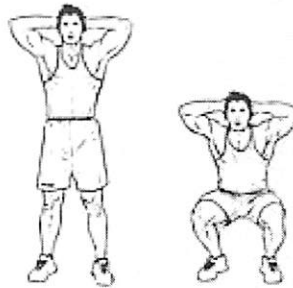
Plank  
20 secs

# Daily Workout

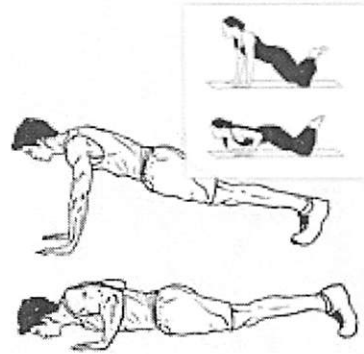
10 reps each



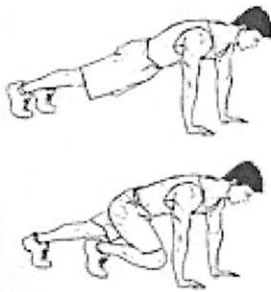
jumping jacks



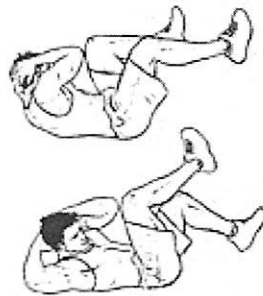
squats



push ups



mountain climbers



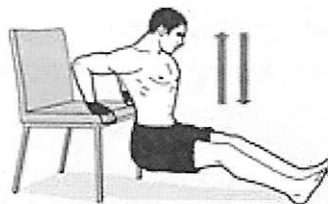
cross crunches



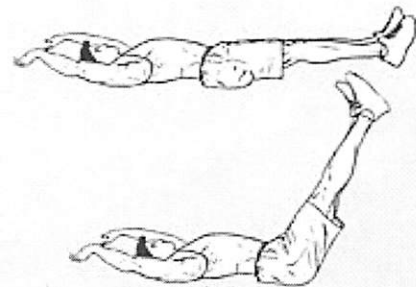
high knees



knee pull ins



chair dips



leg raises