

STRIDE Distance Learning 3 x 3 Activities Chart

Select 3 different exercises below. Once you have completed all 3, repeat the set 2 more times for a total of 3 rounds.

<p>VERTICAL JUMP Jump as high as you can for 30 seconds. Repeat 1 more time.</p>	<p>FITNESS INTERVALS 10 squats 10 broad jumps - jump out, feet together 10 push-ups 10 sit-ups</p>	<p>CARDIO DAY 10 mountain climbers 10 boxing punches R 10 boxing punches L 10 step-ups - use a chair or bench</p>	<p>BALANCE Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling. Repeat 10 times and then switch sides.</p>	<p>CORE CHALLENGE Plank hold 10 seconds 10 crunches 10 sit-ups</p>
<p>FROG SIT-UPS Sit down with your knees bent and soles of your feet touching with knees spread. Do a sit-up touching your heels and lower back down. Do 10 total.</p>	<p>RAGDOLL POSE Bend at the waist and try to touch your toes with straight legs. Let your neck relax. Grab your ankles if you can't reach your toes. Hold for 30 seconds. Repeat 1 more time.</p>	<p>REVERSE LUNGES TO FRONT KICKS Do a reverse lunge and transition into a front kick with the same leg. Do 10 and then switch legs.</p>	<p>CHAIR SQUATS Stand about six inches in front of a chair. Squat until your bottom barely touches the chair and stand back up. Do 10 squats.</p>	<p>ABS! 10 knee to elbow planks 10 crunches 10 superman poses</p>
<p>WILD ARMS As fast as you can complete: 10 arm circles front 10 arm circles back 10 forward punches 10 raise the roofs</p>	<p>KICK CITY 10 side kicks 10 front kicks 10 back kicks Repeat with the other leg</p>	<p>HIGH KNEE TWISTS Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides. Do 10 per leg.</p>	<p>SQUAT KICKS Complete a normal squat, as you are standing back up, kick your right leg forward. Repeat on the left leg. Do 10 per leg.</p>	<p>STAR JUMPS Jump up with your arms and legs spread out like a star. Do 10 total jumps.</p>
<p>SHUFFLE, CROSS Shuffle 3 times to your right, then punch across your body with your left hand. Repeat in the opposite direction. Do 10 each way.</p>	<p>FLUTTER KICKS Lie on your back. Keeping your legs straight, kick them up and down while holding your glutes and abs tight. Hold for 30 seconds.</p>	<p>SHUFFLE SQUAT Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 10 per leg.</p>	<p>LUNGES W/ A HOOK Complete a side lunge with a cross-hook punch. Do 10 on each side.</p>	<p>POWER KNEES Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>
<p>PLANK JACKS In plank position, move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 4 more times for 5 total.</p>	<p>HALF BURPEES Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.</p>	<p>WALK DOWN SUPERMAN Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.</p>	<p>TABATA Work for 20 seconds Rest for 10 seconds Jump squats Do 8 times.</p>	<p>WALL SIT Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.</p>