**DIFFERENT EXERCISES YOU CAN DO AT HOME**

**EACH EXERCISE DEALS WITH EITHER FLEXIBILITY/STRETCHING, MUSCULAR STRENGTH AND CARDIO/GETTING YOUR BODY MOVING AND BLOOD PUMPING**

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| CARDIORUN 4 LAPS AROUND YOUR DIVEWAY | CARDIOSKIP IN YOUR YARD FOR ONE MINUTE | CARDIORide your bike | CARDIOListen to a song and dance with it | CARDIODO 25 SCISSORS OF SWIITCHING YOUR FEET |
| STRENGTHDO ABC PUSHUPS | STRENGTHBalance on one foot and than switch feet | FREE SPACEDon’t forget and go wash your hands | CARDIOSkip around your house 3 or more times or outside  | STRENGTHHop in place and say the whole Alphabet |
| CARDIODo 15 jumping jacksAnd jog in place for one minute | STRETCHDO 15 side to side neck stretches and 15 up and down ones | STRENGTHDO 20 CRAB KICKS | STRENGTHDO 10 SITUPS | CARDIODO 20 SIDE TO SIDE SKI JUMPS AND 10 FORWARD/BACKWARD |
| STRETCHDo 20 arm circles | CARDIOJog in place for one minute | CARDIODO 25 jumping jacks | CARDIOTake a walk with your family  | STRETCH DO 20 FORWARD AND 20 BACKWARD ARM CIRCLES |
| STRETCHDo 4 sets of sit n reach (one leg in one leg out) | STRETCHDo 4 sets of 10 of the butterfly stretch | CARDIODO 20 SIDE TO SIDE JUMPS WITH FEET TOGETHER | STRETCHDo a butterfly stretch and hold for a count of 30 | STRENGTH DO ABC PUSHUPS UP TO THE LETTER RI |