**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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CARDIO  RUN 4 LAPS AROUND YOUR DIVEWAY | CARDIO  SKIP IN YOUR YARD FOR ONE MINUTE | CARDIO  Ride your bike | CARDIO  Listen to a song and dance with it | CARDIO  DO 25 SCISSORS OF SWIITCHING YOUR FEET |
| STRENGTH  DO ABC PUSHUPS | STRENGTH  Balance on one foot and than switch feet | FREE SPACE  Don’t forget and go wash your hands | CARDIO  Skip around your house 3 or more times or outside | STRENGTH  Hop in place and say the whole Alphabet |
| CARDIO  Do 15 jumping jacks  And jog in place for one minute | STRETCH  DO 15 side to side neck stretches and 15 up and down ones | STRENGTH  DO 20 CRAB KICKS | STRENGTH  DO 10 SITUPS | CARDIO  DO 20 SIDE TO SIDE SKI JUMPS AND 10 FORWARD/BACKWARD |
| STRETCH  Do 20 arm circles | CARDIO  Jog in place for one minute | CARDIO  DO 25 jumping jacks | CARDIO  Take a walk with your family | STRETCH  DO 20 FORWARD AND 20 BACKWARD ARM CIRCLES |
| STRETCH  Do 4 sets of sit n reach (one leg in one leg out) | STRETCH  Do 4 sets of 10 of the butterfly stretch | CARDIO  DO 20 SIDE TO SIDE JUMPS WITH FEET TOGETHER | STRETCH  Do a butterfly stretch and hold for a count of 30 | STRENGTH  DO ABC PUSHUPS UP TO THE LETTER R  I |