

	Warm-Up	Muscle Endurance & Strength	Cardiovascular Endurance	
	Exercise	Exercise	Exercise	Time
Monday 3/23				
Tuesday 3/24				
Wednesday 3/25				
Thursday 3/26				
Friday 3/27				
Monday 3/30				
Tuesday 3/31				
Wednesday 4/1				
Thursday 4/2				
Friday 4/3				

Example				
	Warm-Up	Muscle Endurance & Strength	Cardiovascular Endurance	
	Exercise	Exercise	Exercise	Time
Monday 3/23	Jog in Place	Push-ups, Curl ups, Obliques, Bicycles, and Leg Lifts	Run	10 minutes
Tuesday 3/24	Jumping Jacks	Push-Ups, Curl ups, Obliques, Squats, and Planks	Bike	20 minutes
Wednesday 3/25	Jumping	Push -Ups, Curl Ups, Lunges, Mountain Climbers, and Squats	Power Walk	20 minutes
Thursday 3/26	Jog In place	Push-Ups, Planks, Curl Ups, Leg Lifts, and Bicycles	Hike	30 minutes
Friday 3/27	Jumping Jacks	Push-Ups, Burpees, Squats, Lunges, and Mountain Climbers.	Jog	15 minutes
