

March 25

Faraday School Home Workouts

Reps of 4 times with exercises or dances

- Running on the spot – 30 seconds
- Jumping on the spot – 30 seconds
- Squats – hallway and back – 30 seconds
- Leg kicks – 30 seconds
- Sidewalk Shuffling side to side – 30 seconds
- Chicken Dance – Emeralds, (You Tube)
- Limbo Song (You Tube) – use a stick or broom, how long can you?
- Thriller – Michael Jackson (You Tube)

- Lunges - Stand width apart with knees slightly bent
Stand with one foot forward and one/foot back. Your feet can be placed as if you are standing on a plank
- Lift your back heel off the floor and keep it up
- Lower your body down by bending the knees, only bend until the front knee is at a 90 degree angle and not past the front foot
- Repeat the exercise with the opposite leg
- Keep your shoulder blades down and together with your abdominals pulled in