Springtime is a great time to get in shape for the summer.

So let’s get going!

Here is an easy 20 minute workout you can do 4x per week with no equipment.

For questions call or text: 914-376-8540

Coach D. aka (Mr. Morehead) your favorite sub

**Let’s start by stretching**

* Sitting down legs wide apart – with both hands touch your right toe – hold it for 8 count – go a little further each time trying to touch your right toe.
* Same as above to left toe – 8 count
* Legs still wide apart – stretch down the middle as far as you can – 8 count
* Still sitting down bring your heals together and push down on your knees stretching your groin and hamstring – 8 count
* Still sitting - cross your legs – arms stretched out – small arm circles forward – 8 count
* Same as above – backwards circles – 8 count
* Same as above large circles forward – 8 count
* Still sitting – legs crossed – twisters – clasp hands in front of stomach and twist right to left / left to right with upper body – 10 count

**This stretching should warm you up for some harder work**

**Leave yourself enough time between exercises so you can complete each**

* 20 jumping jacks
* 20 deep knee bends
* 10 burpees or squat thrusts
* 10 sit ups
* 10 crunches
* 10 leg raises (try to hold for 10 seconds)
* 30-second straight plank
* 30-second wall sit

**If you feel good, repeat these exercises one more time**

**If you want more cardio work, ask your parents to go for a walk with you or jog in place for 5-10 minutes.**

Have fun and stay safe!