

Home Workout # 2

Remember to have the activity sheet completed and signed by a Parent/
Guardian

Lincoln High School
Physical Education



Instructions:



AMRAP for
each
exercise

Minimum of
3 sets but
try for more.

Between
each set rest
60 seconds.

To keep track of your rest time use the stopwatch feature on both iphones and androids.

A

- As

M

- Many

R

- Repetitions

A

- As

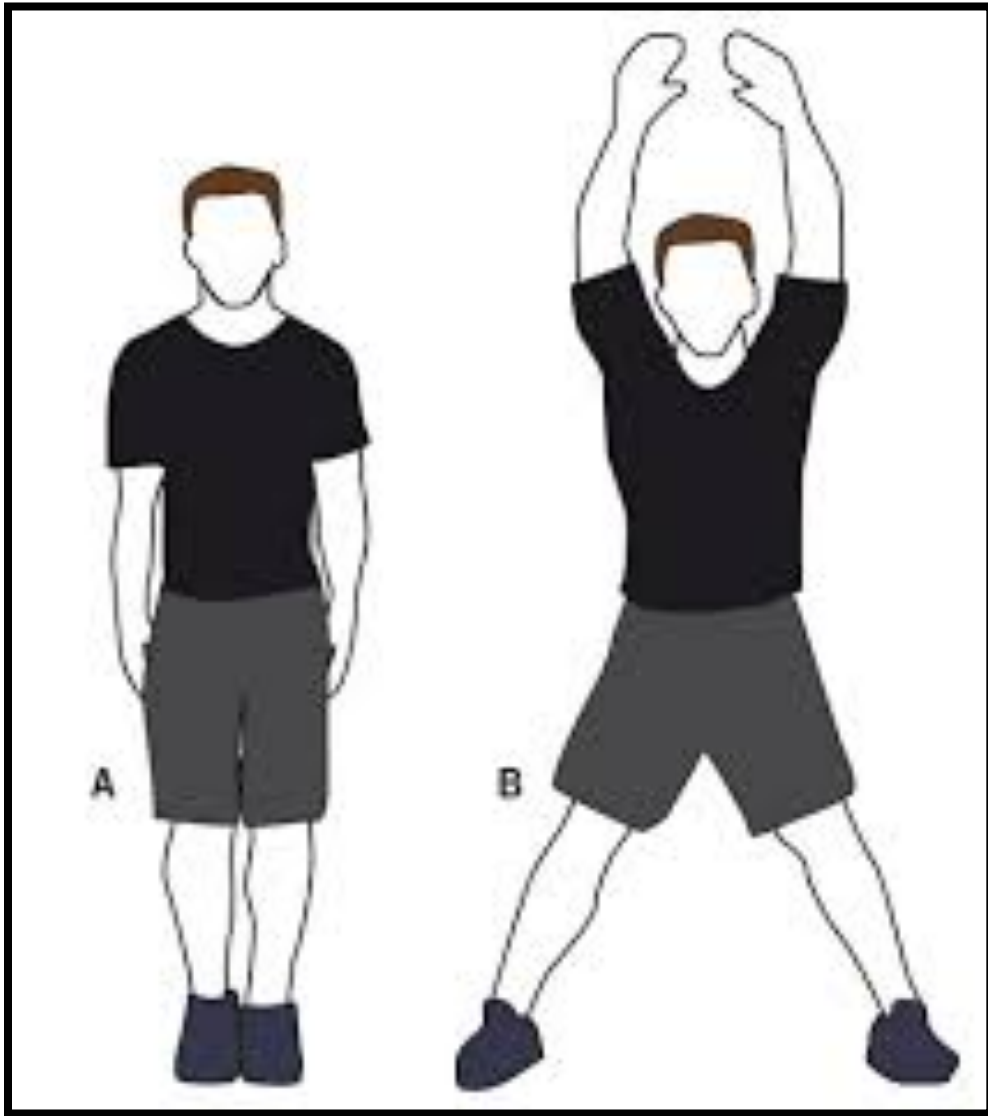
P

- Possible

Warm Up

50

JUMPING JACKS



Leg Squats

With Couch or Chair

Equipment:

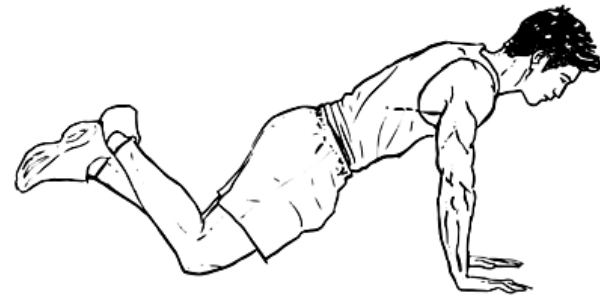
Chair or Couch



At the bottom of each **squat**, lightly tap the edge of the **couch/chair** with your bottom before coming back up.

Just make sure not to fully sit down and relax.

Push Up



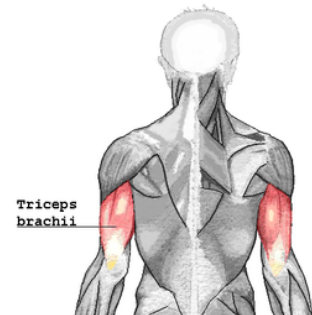
Modified Version

- Push ups challenge our pecs, our triceps, and the back of the shoulders.
- They also engage your core and require hip stability. Push-ups are a moving plank.
- Form is most important . If in the beginning or at a certain point in the exercise you find your back can not stay flat like the image above, move to the modified version. Over time you will build up strength to the full version.

Couch / Chair Dips



Equipment:
Couch or Chair



- This exercise works out your triceps.
- Make sure you exhale on the way up.
- Do NOT hip thrust. Keep your back as close to the chair/couch as possible. Keep your elbow close together do not let them flair out.

Side to Side Hop



- **Jump with both feet together to the right and then the left**
- **Use short quick hops.**
- **Minimize the time that your feet are on the floor.**
- **Make believe the floor is lava and is hot so your next hop has to be quick.**
- **Use your arms to help with balance while hopping.**



Superman

Lay flat on the floor with your legs straight back and your arm outstretched in front of you.

Keeping your arms and legs straight (but not locked) and torso stationary, simultaneously lift your arms and legs up toward the ceiling to form an elongated "u" shape with your body — back arches and arms and legs lift several inches off the floor.

Hold for two to five seconds and lower back down to complete one rep.

Exhale as you lift your arms and legs and inhale as you lower them back down.