



IN HOME WORKOUT

#1

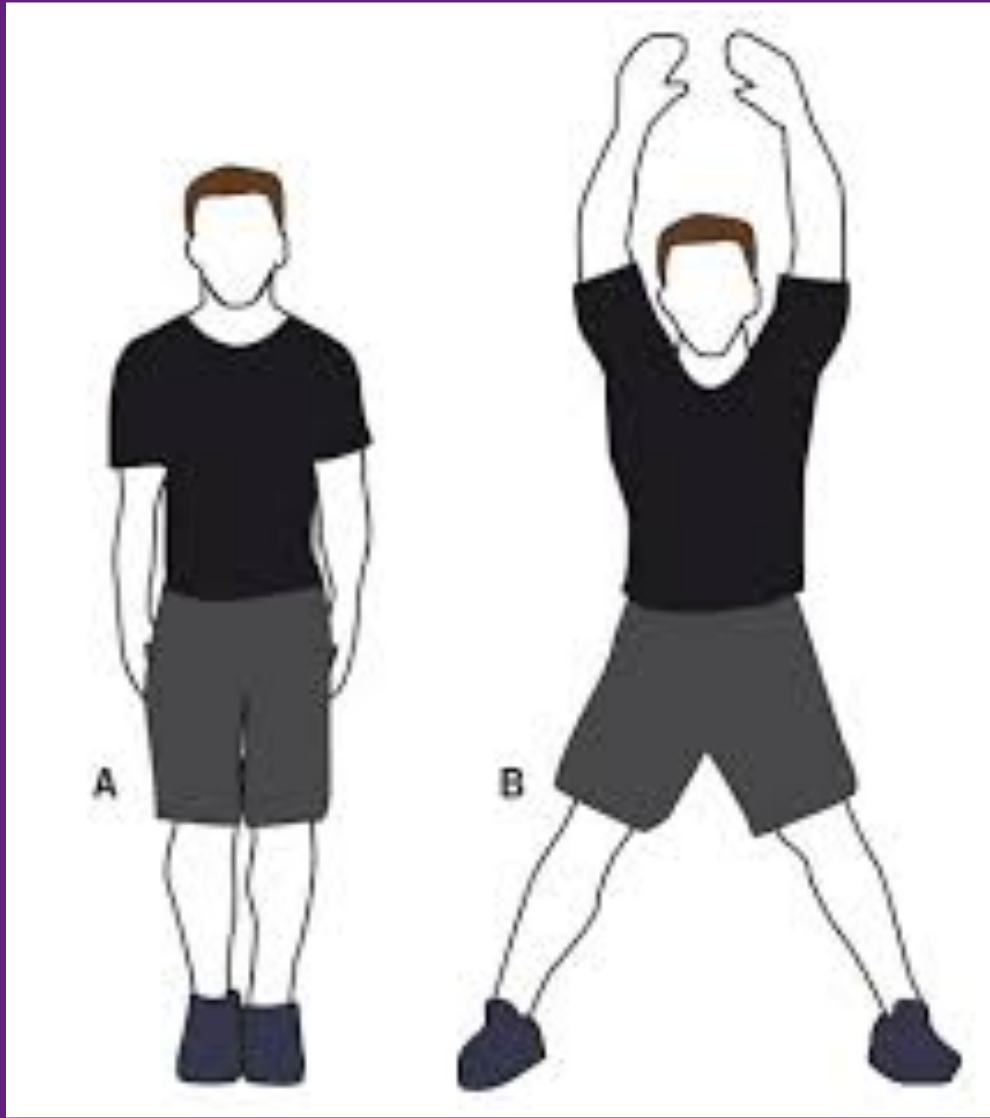
Lincoln High School Physical Education



INSTRUCTIONS:

- AMRAP = AS MANY REPS AS POSSIBLE.
- MINIMUM 3 SETS
- AFTER EACH SET REST 60 SECONDS

Make sure you have a parent / guardian sign the activity sheet.



Warm Up

50 Jumping Jacks

Tuck Jumps



Spine long

Feet
shoulder
width
apart.

Tip

Don't hunch: You want to keep a nice long spine and then stay pretty quiet in your upper body. Too much moving up top wastes energy that we should be putting into our jumps!



Squats



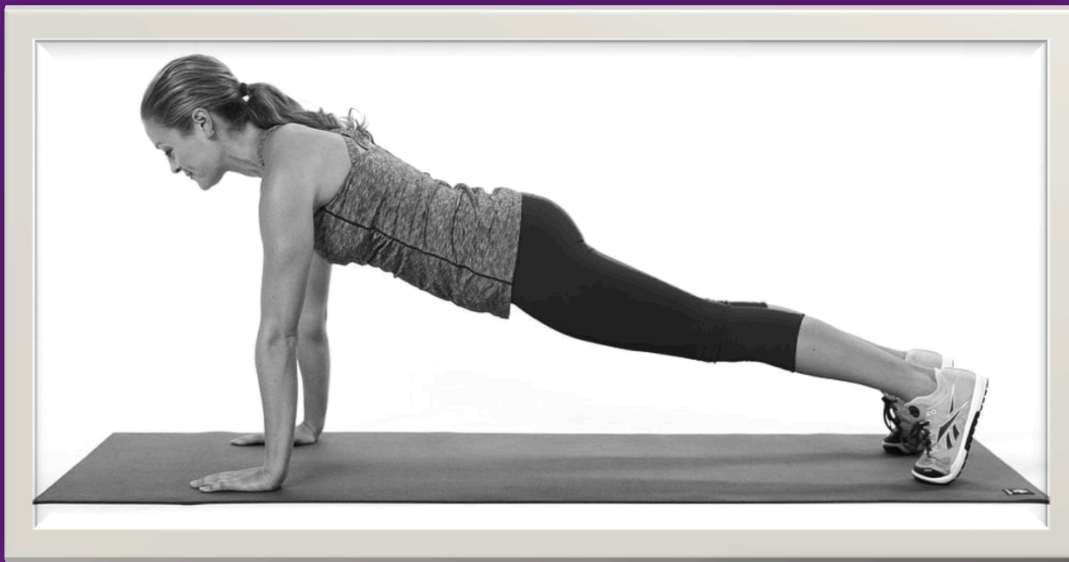
Begin by standing up feet hip-width apart, and arms out straight.

They strengthen pretty much every muscle in your lower body, including your thighs, core, calves, glutes, hamstrings, and abs when performed properly.



Push your hips back and bend your knees to lower into a squat. Return to start.

Push Ups



Come into plank position with your arms and legs straight, shoulders above the wrists.

Take a breath in, and as you exhale, bend your elbows out to the sides and lower your chest toward the ground.



Stop as soon as your shoulders are in line with your elbows. Inhale to straighten the arms.

If this is too difficult, do this exercise with your knees on the floor.

Lunges



FEET HIP-WIDTH
DISTANCE APART

BACK HEEL PICKS UP AS
YOU STEP FORWARD

NAVIGATE
THE HIPS

USE THE ARM TO
COUNTER-BALANCE
THE MOVEMENT

ANCHOR THE
FRONT FOOT

DON'T LEAN FORWARD

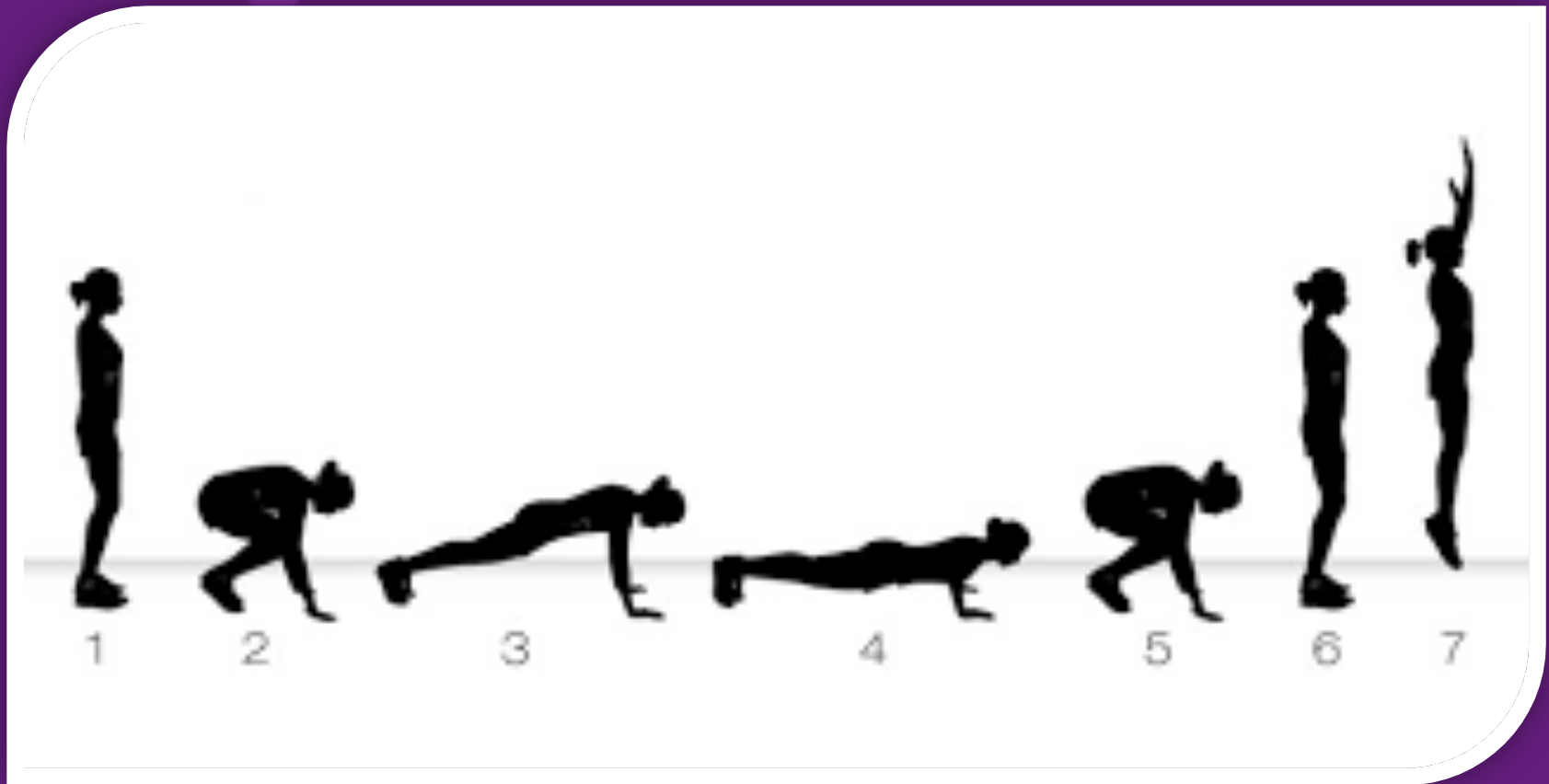
BOTH KNEES AT
90 DEGREES

LAND SOFTLY

Tip:

If you are new to lunges, the supported lunge can be a great move for gaining confidence and some necessary strength in your legs. You can use a door frame to make things easier at the start.

Burpee



If you feel like you're not ready just yet, try breaking the movement down into phases. Breaking the burpee down into separate moves is great for establishing stability and mobility, as well as teaching your body timing. You can start by practicing the deep squat, hand plank and squat up. Once you are comfortable with these separate motions, you can put all the moves together.

Burpee

Burpee best practices:

Your feet can be a little bit wider than hip-width apart to create a stable platform and open up space for your hands to reach the ground.

Place your hands directly under your shoulders.

If you can't keep your feet on the floor when placing your hands down, feel free to lift your heels.

Whether you perform a push-up at the bottom of the burpee or not, your pelvis should remain aligned with your upper back at all times.

Keep your spine strong from head to heels.

Avoid arching your lower back.