



JUNE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Notes:

<p>3 Minute to Win It Monday How many jumping jacks can you do in 1 minute?</p>	<p>4 Seated Arm Drill "Hips to Lips" 20 Seconds Repeat X 3</p>	<p>5 20 Lateral Jumps 20 Air Squats 20 Mountain Climbers Repeat X3</p>	<p>6 10 Frog jumps 10 High Knees 10 Toe touches Repeat X 3</p>	<p>7 10 Knee to Elbow 10 Jumping Jacks Repeat X 3</p>
<p>10 Minute To Win It How many lateral jumps can you do in 1 Minute?</p>	<p>11 15 Air Squats 20 Jumping Jacks 15 Twisties Repeat 3X</p>	<p>12 10 Squats 10 Arm Circles 10 Twisties Repeat X2</p>	<p>13 20 Seconds each V Sit Hold Lateral Jumps Repeat X 3</p>	<p>14 7 Squats 7 Arm Circles 7 Twisties Repeat X3</p>
<p>17 How long can you hold a plank for? Try for 1 Minute</p>	<p>18 Repeat X 2 10 Squats 5 Jumping Jacks 10 Squats 5 Jumping Jacks</p>	<p>19 Repeat X# 10 Speed Skaters 10 Opposite Knee to Elbow</p>	<p>20 10 Bum Kicks 10 High Knees 10 Skaters Repeat X 3</p>	<p>21 One minute of Jumping Jacks Go slow if you need</p>
<p>24 Plank Hold try for 1 Minute</p>	<p>25 10 Frog Jumps 10 High Knees 10 Bum Kicks Repeat X 2</p>	<p>26 10 Squats 5 Twisties 5 Bum Kick 10 High Knees</p>	<p>27 Class Plank Challenge How long can your class hold for?</p>	<p>28</p>