**Week 4 - @ home exercise**

|  |  |  |
| --- | --- | --- |
| **Length of exercise** | **Exercise Type** | **Link to exercise** |
|  |  |  |
| 1 minute – 3 minutes  | Apple Picker | [**CLICK HERE**](https://sworkit.com/exercise/apple-picker) |
| 1 minute  | **Rest**  |   |
| 45 seconds - 1 minute  | Arm Crosses | [**CLICK HERE**](https://sworkit.com/exercise/arm-crosses) |
| 1 minute  | **Rest**  |   |
| 30 seconds - 1 minute  | Teaser | [**CLICK HERE**](https://sworkit.com/exercise/teaser) |
| 1 minute  | **Rest**  |   |
| 30 seconds - 1 minute  | Swimming | [**CLICK HERE**](https://sworkit.com/exercise/swimming) |
| 1 minute  | **Rest**  |   |
| 30 seconds - 1 minute  | Warrior Pose (Right & Left) | [**CLICK HERE**](https://sworkit.com/exercise/warrior-pose-iii-right) |
| 1 minute  | **Rest**  |   |
| 45 seconds - 1 minute  | Bridge Pose | [**CLICK HERE**](https://sworkit.com/exercise/bridge-pose) |
| 1 minute  | **Rest**  |   |

Step 1: Complete all the exercises each day. **Yes, you will need to do them each day!**

Step 2: Fill out the exercise tracker below by following these guidelines:

In the “**Exercise Completion**” section, you are to record whether you completed ALL, SOME, or NONE of the exercises for each day of the week.

In the “**Length of Exercise**” section, please record which exercises you did MORE or LESS of. For the exercises you completed between the length of time suggested, do not list those.

In the “**Comments**” section, please record any comments, questions or concerns you have. If there is an exercise that you are really doing well, make note of it here! If there is an exercise you are challenged by, please make note of it in the “comments” section.

|  |  |  |  |
| --- | --- | --- | --- |
| **Day of the Week** | **Exercise Completion?** | **Length of Exercise?** | **Comments?** |
|  |  |  |  |
| MONDAY |  |  |  |
| TUESDAY |  |  |  |
| WEDNESDAY |  |  |  |
| THURSDAY |  |  |  |
| FRIDAY |  |  |  |

Step 3: Challenge a sibling / parent / guardian to an exercise battle. Choose one of the exercises listed above and see who can do more repetitions or who can hold the position the longest.

Step 4: **BONUS**, if you would like to record a “How To” video of you completing one of the exercises, go for it! This could be helpful to your school classmates and peers, or if we share the videos with your little buddies. 😊

Step 5: Submit and **turn in** the assignment by **Friday at 3:00pm**.