

## 5 Minute Workout

For this workout, you will need a glass of water and tennis shoes.

1. Jog in place, or outside, for 30 seconds.

2. Jumping Jax - 20

Rest for 20 seconds

3. Burpees - 10

Rest for 20 seconds

4. Push-Ups - 12

Rest for 20 seconds

5. One Sprint, or Run in Place Fast, for 20 Seconds

Rest for 20 seconds while taking 2 large drinks of water.

**Repeat all of the above workouts, one time, then complete #6.**

1. Jog in place, or outside, for 30 seconds.

2. Jumping Jax - 20

Rest for 20 seconds

3. Burpees - 10

Rest for 20 seconds

4. Push-Ups - 12

Rest for 20 seconds

5. One Sprint, or Run in Place Fast, for 20 Seconds

6. Finish drinking your glass of water after you completed all of the exercises above.

**Congratulations! You completed your 5 minute workout!**

## How Do You Feel?

(Write down 2 feelings, on the back of this page, and bring it to your next P.E. class)

Please do this workout at least once, with a parent or guardian, before your next P.E. class.

20 Yard Sprint Time on 01/25/2023: