

Mr. Stretch's Waycool School Exercise Program



Name_____

Today's Date:_____

Age:_____

Male or Female_____

Height:_____

Weight:_____

Warm Up: 5:00 minutes

1:00- Jumping Jacks

2:00-Stretches (Various: Toe Touches, Lunges, Windmill)

1:00- Jog in place

1:00-DanceParty (Play favorite song and dance)

Workout: 25:00 minutes

1:00- Push Ups (5 pushups, rest (repeat for 1 minute)

1:00 -5 sit-ups, rest 5 sit ups, rest (repeat for 1 minute)

.30 sec.- Rest

1;00 –Leg Lifts (lay on back and raise Legs in air, bring back down, repeat)

1:00-Push Ups

.30 sec (water break)

15:00 Cardio Workout (Make sure to drink plenty of water)

-Bike Ride

-Swim

-Skateboard

-Bounce House

-Playing Sports (Soccer, tennis, Basketball, Football, Catch)

-Hula Hoop or Jump Rope

5:00 Cool Down

-Walk and stretch muscles

****Mr. Stretch advises that children who are involved in any form of workouts should be in good health. Please consult a doctor before Exercising with Mr. Stretch.**