**Personal Fitness At Home Assignment**

**Week 4**

**Students are to complete the following circuit of exercises in the given order for 3 sets. You may also take a 2-minute break between each set.**

**The duration for each exercise is 30 seconds unless it gives a number. You have a 30-second recovery period between each exercise if needed. This allows everyone to work at his or her own challenge level. Advance students can use the 100 Step run in place for their recovery period.**

**1. Front Plank (modified okay)**

**2. Run in place 100 steps**

**3. Body weight Squat (Half squats are allowed for bad knees)**

**4. Run in place 100 Steps**

**5. Left Side Plank (modified okay)**

**6. Run in place 100 Steps**

**7. Mountain Climber**

**8. Run in place 100 Steps**

**9. Right Side Plank (modified okay)**

**10. Run in place 100 Steps**

**11. Front Lunge**

**12. Run in Place 100 Steps**

**13. Bridge**

**14. Run in place 100 Steps**

**15. Jump Squats**

**16. Run in place 100 steps**

**17. Push Ups (Modified okay)**

**18. Run in place 100 Steps**

**19. Toe Touches**

**20. Run in Place 100 steps**

**Stretches for after workout; 30 secs of each**

**Calf Stretch**

**Quad Stretch**

**Hamstring stretch**

**Sit and reach**

**Butterfly**

**Student should complete this work out 2 times during the week. Additionally, students should strive to take 10,000 steps a day for 50,000 steps for the week. Student can use the I Phone Health application or Samsung Health application to track steps.**