
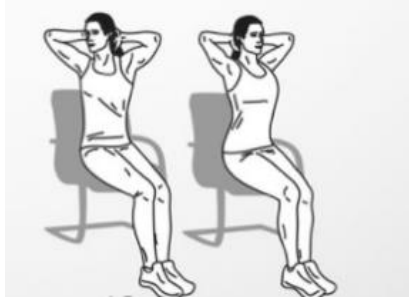

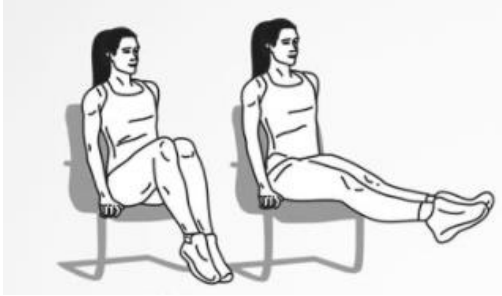



# Abs ("4")

## Chair Ab Workout



Activity	Duration	Notes
<p>Chair Leg Raises</p> <ul style="list-style-type: none"><li>-Hands rested on the chair</li><li>-Feet together</li></ul> <p>Raise both feet slowly to waist height</p>	<p>4 times</p>	 An illustration showing two side views of a person sitting on a chair. In the first view, the person's feet are flat on the floor. In the second view, the person has lifted their feet to waist height, with their hands resting on the chair seat for support.
<p>Sitting Twists</p> <ul style="list-style-type: none"><li>-Feet hip width apart</li><li>-While twisting, right elbow to left knee (alternate)</li></ul>	<p>4 reps</p>	 An illustration showing two side views of a person sitting on a chair. Their hands are behind their heads. In the first view, the person is twisting their torso to the right, with their right elbow touching their left knee. In the second view, they are twisting to the left, with their left elbow touching their right knee.
<p>Knee to elbows</p> <ul style="list-style-type: none"><li>-Sit in chair, back straight</li><li>-without twisting, right elbow to left knee (alternate)</li></ul>	<p>4 reps each leg</p>	 An illustration showing two side views of a person sitting on a chair. Their hands are behind their heads. In the first view, the person is leaning forward and to the right, with their right elbow touching their left knee. In the second view, they are leaning forward and to the left, with their left elbow touching their right knee.

<p><b>Sitting Crunch Kicks</b></p> <ul style="list-style-type: none"> <li>-Palms of hands faced on chair</li> <li>-Feet together</li> <li>-Slowly bring knees to 90-degree angle</li> <li>-Straighten legs out in front of you</li> </ul>	<p>4 reps</p>	
<p><b>Sitting Cycling Crunches</b></p> <ul style="list-style-type: none"> <li>-both slightly above floor</li> <li>-raise one hand and its opposite knee</li> <li>-touch knee to hand</li> </ul>	<p>4 reps per leg</p>	

### COVID-19 Considerations:

Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the classes overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!

# Arms "4"



Activity	Duration	Notes
<p>Pushups arm shoulder with apart on all fours tighten core lower and bend elbows to 90 degrees push back up through hands</p>	<p>4 sets of 4</p>	
<p>Triceps Dips  Using a chair, clamp the ends of the chair like the photo. Straighten the legs and keep them touching side by side. Using the triceps muscle group, dip down creating a 90 degree angle with your arms.</p>	<p>16 reps (4x4)</p>	
<p>Shoulder taps</p>	<p>16 shoulder taps 8 each arm</p>	

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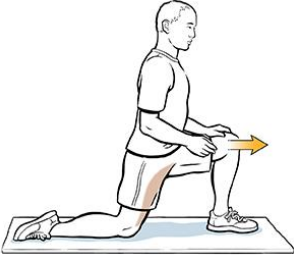

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# Quads (4)

*A Quad-Based Workout to get your*






*Four-Group muscles moving!*


Activity	Duration	Notes
<p>Kneeling stretch Kneel on one knee Place opposite foot flat in front Hips even Lean forward, until stretch is felt</p>	<p>1 min (30 sec per leg)</p>	
<p>Standing Quad Stretch stand on one leg grab foot and pull towards glute hold chair for wall for stability</p>	<p>1 min (30 seconds for each leg)</p>	

Activity	Duration	Notes
<p data-bbox="435 327 712 422">Quad to Chest raises</p> <p data-bbox="435 478 688 695">One knee bent and held by hands pull knee up to chest</p>	<p data-bbox="813 327 964 478">1 min (30 sec per leg)</p>	
<p data-bbox="435 758 680 804">Chair Squats</p> <p data-bbox="435 856 719 1255">Stand facing away from chair feet shoulder width apart hips back, bend knees, lower to chair press heels to bring yourself up</p>	<p data-bbox="813 758 980 846">4 sets of 4</p>	



Activity	Duration	Notes
<p><b>Jumping squats</b></p> <ul style="list-style-type: none"> <li>-Begin in a Squat position.</li> <li>-Bring your arms in front and jump while throwing your arms behind you body.</li> <li>-Keep your back straight</li> </ul>	4 sets of 4	
<p><b>Single leg squats</b></p> <ul style="list-style-type: none"> <li>-Stand on one foot</li> <li>-Leg out straight</li> <li>-Core engaged</li> <li>-Hips back and lower into squat</li> <li>-Push into foot to stand up</li> </ul>	4 sets of 4	
<p><b>Pistol squats</b></p> <ul style="list-style-type: none"> <li>Extend one leg straight in front</li> <li>Raise arms straight out in front</li> <li>Core tight, spine straight</li> <li>Bend standing leg, extend other leg in front</li> </ul>	4 sets of 4	

Bend as far as you can Return to upright position		
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<p><b>Side to side lunges</b></p> <ul style="list-style-type: none"> <li>-Start tall, feet hip width apart</li> <li>-Wide step, knee, push hips back</li> <li>-Push off leg, return to standing</li> </ul>	<p>4 sets of 4</p>	
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