



THE WHEELER SCHOOL

## Wheeler Middle School 5 Day Workout

### **Monday**

Do exercises below as a circuit. Do circuit 3 times to complete the workout.

Body Weight Squats – 20x

Push Ups – 10x

Walking Lunges – 10x each leg

Shoulder Press – 10x

-use dumbbells, soup cans or heavy object

Plank – 3x (hold for 15-30 secs)

Jumping Jacks – 30 reps

### **Tuesday**

Cardio for 30-45 minutes

ie – walk outside, run outside, walk stairs at home, anything that you can think of to keep moving.

### **Wednesday**

Do exercises below as a circuit. Do circuit 3 times to complete the workout.

Body Weight Squats – 20x

Push Ups – 10x

Walking Lunges – 10x each leg

Shoulder (Front/Lateral raises) – 10x

-use dumbbells, soup cans or heavy object

Plank – 3x (hold for 15-30 secs)

Burpees – 10x

-Start standing up, squat down and kick your legs out. Do a pushup, bring your legs back in and explode up into a jump. Repeat

### **Thursday**

Cardio for 30-45 minutes

ie – walk outside, run outside, walk stairs at home, anything that you can think of to keep moving.

### **Friday**

Do exercises below as a circuit. Do circuit 3 times to complete the workout.

Body Weight Squats – 20x

Push Ups – 10x

Walking Lunges – 10x each leg

Shoulder Press – 10x

-use dumbbells, soup cans or heavy object

Plank – 3x (hold for 15-30 secs)

Mountain Climbers – 10x each leg

-Get into a push up position. Pull one knee up and in toward your midsection. Return same knee to starting position. Repeat the action with your other knee. Continue alternating the movement with both knees.

# Great work!