



# Extended Learning-Body Workout

Date \_\_\_\_\_

<b>Purpose: to improve strength, cardio fitness and flexibility</b>					
<b>Instructions: Follow the workout below. Completing the exercised for the desired reps is considered a set.</b>					
Exercise	Reps				
Jumping jacks	25		Level 1	3 sets	
			Level 2	4 sets	
Push ups	10		Level 3	5 sets	
Squat	10				
Squat Jumps	5				
Lunges	10				
Diamond pushups	5				
Plank	30 seconds				