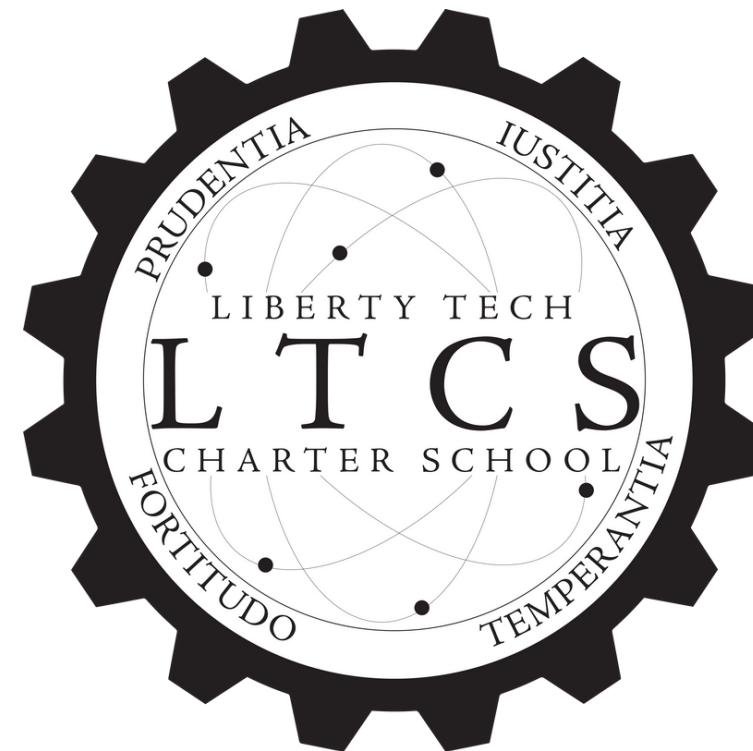




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Home School Fitness

Daily, Values, Virtues Workout

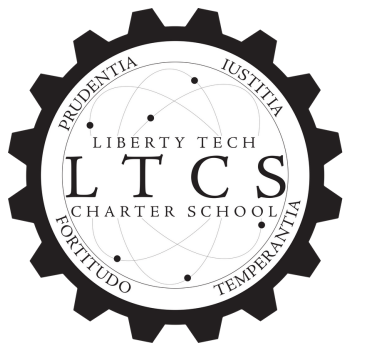




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Home School Fitness

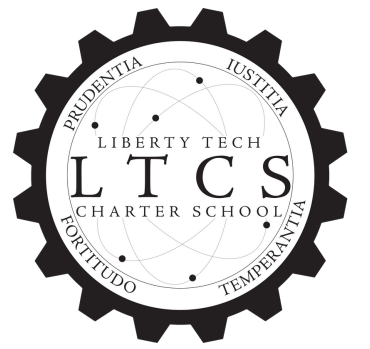
Daily, Values, Virtues Workout



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRUDENCE	TEMPERANCE	JUSTICE	FORTITUDE	VIRTUES
WISDOM	SELF-CONTROL	FAIRNESS	COURAGE	LIBERTY
SERVE	HUMILITY	AMBITION	PERFORM	EFFORT



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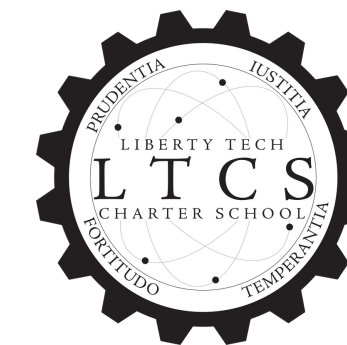
Week 1

VIRTUES FOR FITNESS

MONDAY PRUDENCE	TUESDAY TEMPERANCE	WEDNESDAY JUSTICE	THURSDAY FORTITUDE	FRIDAY VIRTUES
<p>P = 30 Jumping Jacks R = 30 Sec Dance U = 7 Crunches D = 20 Jumping Jacks E = 30 Sec Jog on Spot N = 7 Push-ups C = 5 Push-ups E = 30 Sec Jog on Spot</p>	<p>T = 20 Sec Wall Sit E = 30 Sec Jog on Spot M = 7 Sit-ups P = 30 Jumping Jacks E = 30 Sec Jog on Spot R = 30 Sec Dance A = 5 Burpees N = 7 Push-ups C = 5 Push-ups E = 30 Sec Jog on Spot</p>	<p>J = 30 Sec Step-ups U = 5 Up & Down Planks S = 20 Sec Plank T = 20 Sec Wall-sit I = 10 Crunches C = 5 Push-ups E = 30 Sec Jog on Spot</p>	<p>F = 10 Squats O = 7 Burpees R = 30 Sec Dance T = 20 Sec Wall-sit I = 10 Crunches T = 20 Sec Wall-sit U = 5 Up & Down Planks D = 20 Jumping Jacks E = 30 Sec Jog on Spot</p>	<p>V = 10 Elbow to Knees I = 10 Crunches R = 30 Sec Dance T = 20 Sec Wall-sit U = 5 Up & Down Planks E = 30 Sec Jog on Spot S = 20 Sec Plank</p>



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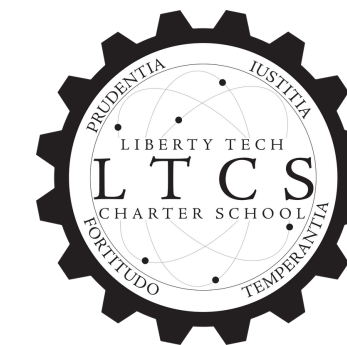
Week 2 Fitness

SHAPE VALUES THAT SHAPE YOUR FITNESS

MONDAY SERVE	TUESDAY HUMILITY	WEDNESDAY AMBITION	THURSDAY PERFORM	FRIDAY EFFORT
<p>S = 20 Sec Plank E = 30 Sec Jog on Spot R = 30 Sec Dance V = 10 Elbow to Knees E = 30 Sec Jog on Spot</p>	<p>H = 30 Sec Wall Sit U = 5 Up & Down Planks M = 7 Sit-ups I = 10 Crunches L = 15 Sec Sprint on Spot I = 10 Crunches T = 20 Sec Wall Sit Y = 40 Sec Dance</p>	<p>A = 5 Burpees M = 7 Sit-ups B = 10 Mountain Climbers I = 10 Crunches T = 20 Sec Wall Sit I = 10 Crunches O = 7 Burpees N = 5 Push-ups</p>	<p>P = 30 Jumping Jacks E = 30 Sec Jog on Spot R = 30 Sec Dance F = 10 Squats O = 7 Burpees R = 30 Sec Dance M = 7 Sit-ups</p>	<p>E = 30 Sec Jog on Spot F = 10 Squats F = 10 Squats O = 7 Burpees R = 30 Sec Dance T = 20 Sec Wall Sit</p>



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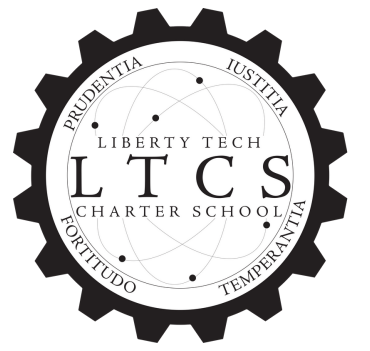
Week 3 Fitness

VIRTUAL VIRTUES

MONDAY WISDOM	TUESDAY SELF-CONTROL	WEDNESDAY FAIRNESS	THURSDAY COURAGE	FRIDAY LIBERTY
<p>W = 10 Jump & Touch Sky I = 10 Crunches S = 20 Sec Plank D = 20 Jumping Jacks O = 7 Burpees M = 7 Sit-ups</p>	<p>S = 20 Sec Plank E = 30 Sec Jog on Spot L = 15 Sec Sprint on Spot F = 10 Squats - = Take one Letter below away C = 5 Push-ups O = 7 Burpees N = 7 Push-ups T = 20 Sec Wall Sit R = 30 Sec Dance O = 7 Burpees L = 15 Sec Sprint on Spot</p>	<p>F = 10 Squats A = 5 Burpees I = 10 Crunches R = 30 Sec Dance N = 7 Push-ups E = 30 Sec Jog on Spot S = 20 Sec Plank S = 20 Sec Plank</p>	<p>C = 5 Push-ups O = 7 Burpees U = 5 Up & Down Planks R = 30 Sec Dance A = 5 Burpees G = 20 High Knees E = 30 Sec Jog on Spot</p>	<p>L = 15 Sec Spring on Spot I = 10 Crunches B = 5 Sit-ups E = 30 Sec Jog on Spot R = 30 Sec dance T = 20 Sec Wall Sit Y = 40 Sec Dance</p>



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Week 4 Fitness

Days of the Week Workout

MONDAY

M = 5 Sit-ups
O = 5 Burpees
N = 5 Push-ups
D = 20 Jumping Jacks
A = 5 Burpees
Y = 40 Sec Dance

TUESDAY

T = 20 Sec Wall Sit
U = 7 Crunches
E = 30 Sec Jog on Spot
S = 20 Sec Plank
D = 20 Jumping Jacks
A = 5 Burpees
Y = 40 Sec Dance

WEDNESDAY

W = 10 Jump & Touch the Sky
E = 30 Sec Jog on Spot
D = 20 Jumping Jacks
N = 5 Push-ups
E = 30 sec Jog on Spot
S = 20 Sec Plank
D = 20 Jumping Jacks
A = 5 Burpees
Y = 40 Sec Dance

THURSDAY

T = 20 Sec Wall Sit
H = 30 Sec Wall Sit
U = 7 Crunches
R = 30 Sec Dance
S = 20 Sec Plank
D = 20 Jumping Jacks
A = 5 Burpees
Y = 40 Sec Dance

FRIDAY

F = 10 Squats
R = 30 Sec Dance
I = 10 Crunches
D = 20 Jumping Jacks
A = 5 Burpees
Y = 40 Sec Dance