

- **Coach Baker's Home Hustle Activities**
 - **Cardinal Community Academy**



Hey Guys,

Hope everyone enjoyed the extra week of spring break, and, as we settle into the new normal for a few weeks, I have come up with some ideas to keep moving.

As far as what needs to be completed for class, you need to do **one of these colored workouts a week**. Of course, you can do more, but the **requirement is one a week**. There is a tally bar above the directions; please fill in which color you did here.

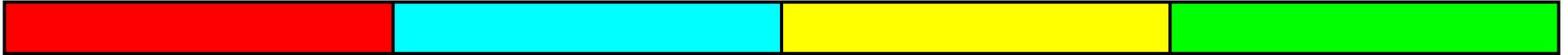
Other movement ideas are to make your own scavenger hunts inside or out. Create your own workout and send me new ideas. Run a mile, 'cause I know that is your favorite. :-) Turn a board game into a movement game. Squat/situp/plank during commercials of your tv show. I would love to hear what you are doing.

I miss seeing all of you and am hopeful to see you soon.

~Coach Baker, katiebaker@re3j.com

- Activity Calendar -

Tally Bars - Enter a date in the color of the workout you completed.



Directions:

First: Walk or Jog if available.

Second: Take a few minutes and stretch.

Third: Pick a workout, complete it and fill in your tally bar.

Stretch Sequence:

Reach for Toes 30 seconds, Reach Tall to Ceiling 15 seconds, Reach for Toes again 30 seconds, Reach up really high to ceiling 15 seconds, Straddle reach right for 30 Seconds, Left 30 Seconds and Center 30 Seconds, Criss Cross Twist 15 Seconds, Arm Over 30 Seconds, Switch Arm Over 30 Seconds, Up Top 30 Seconds, Switch Up Top 30 Seconds, release and shake out the shoulders, lay over your cross cross 30 seconds, switch legs and lay back over 30 seconds, wall to wall 1 to 2 minutes.

Red Workout

- *Jog in place for 1 minute
- *10 R and L leg stretches
- *Plank for 20 seconds
- *15 Scissor Jumps
- *10 Sit Ups
- *Wall Squat 25 seconds
- *15 Ski Jumps
- *10 Toe Touches

**Repeat For 12 Minutes
30 Second Rest in Between**

Blue Workout

- *40 Jumping jacks
- *10 R and L arm stretches
- *7 Squats
- *15 Heel raises
- *20 High knees
- *7 Lunges
- *15 Crunches
- *20 Mountain Climbers

**Repeat For 12 Minutes
30 Second Rest in Between**

Yellow Workout

- *40 Jumping jacks
- *30 Second Stretch
- *20 Back Kicks
- *10 Squats
- *ABC Push Ups
- *20 Jump Ropes
- *7 Standing long jumps
- *10 Hops each foot

**Repeat For 12 Minutes
30 Second Rest in Between**

Green Workout

- *Jog in place for 1 minute
- *30 Second Stretch
- *10 Leap Frogs
- *10 Walking Lunges
- *15 Squat Kicks
- *25 Mountain Climbers
- *15 Skips in place
- *15 You Pick

**Repeat For 12 Minutes
30 Second Rest in Between**

Blue Workout

- *40 Jumping jacks
- *10 R and L arm stretches
- *7 Squats
- *15 Heel raises
- *20 High knees
- *7 Lunges
- *15 Crunches
- *20 Mountain Climbers

Repeat For 12 Minutes
30 Second Rest in Between

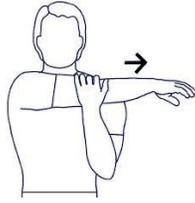
Jumping Jacks

<https://youtu.be/1b98WvRrmUs>



shutterstock.com • 1457642288

Arm Stretches



Squats

<https://youtu.be/YaXPRqUwltQ>



Heel Raises



High Knees

https://youtu.be/VGb_fJ81yWc



How to Do
High Knees

Lunges

<https://youtu.be/UWgWxKKdycU>



Crunches

https://youtu.be/Xyd_fa5zoEU



Mountain Climbers

<https://youtu.be/zT-9L3CEcmk>



Yellow Workout

- *40 Jumping jacks
- *30 Second Stretch
- *20 Back Kicks
- *10 Squats
- *ABC Push Ups
- *20 Jump Ropes
- *7 Standing long jumps
- *10 Hops each foot

Repeat For 12 Minutes
30 Second Rest in Between

Jumping Jacks

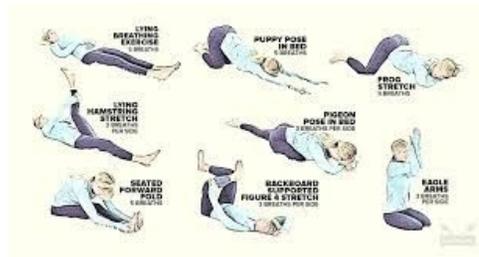
<https://youtu.be/1b98WrrmUs>



shutterstock.com • 1457642288

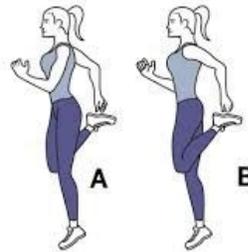
30 Second Stretch

https://youtu.be/h2aBPh_2eEo



Back Kicks

<https://youtu.be/-dtvAxibgYQ>



Squats

<https://youtu.be/YaXPRqUwltQ>



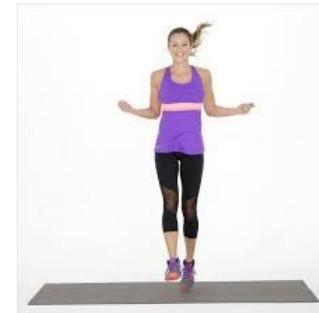
ABC Pushups

<https://youtu.be/PWMeyyvSfkM>



Jump Ropes

<https://youtu.be/46au8LhtOVY>



Standing Long Jumps

<https://youtu.be/AO57oC3Cw14>



Green Workout

- * Jog in place for 1 minute
- * 30 Second Stretch
- * 10 Leap Frogs
- * 10 Walking Lunges
- * 15 Squat Kicks
- * 25 Mountain Climbers
- * 15 Skips in place
- * 15 You Pick

Repeat For 12 Minutes
30 Second Rest in Between

Jog in place

<https://youtu.be/uymTGsMLOHA>



30 Second Stretch

https://youtu.be/h2aBPh_2eEo



Leapfrog

<https://youtu.be/C54LoE13DUo>



Squat Kick

https://youtu.be/_v9KBwivy8U



Mountain Climbers

<https://youtu.be/zT-9L3CEcmk>



Walking Lunges

<https://youtu.be/L8fvypPrzss>



Skp in Place

<https://youtu.be/MvUEcInxLtE>



Red Workout

- * Jog in place for 1 minute
- * 10 R and L leg stretches
- * Plank for 20 seconds
- * 15 Scissor Jumps
- * 10 Sit Ups
- * Wall Squat 25 seconds
- * 15 Ski Jumps
- * 10 Toe Touches

**Repeat For 12 Minutes
30 Second Rest in Between**

Jog in place

<https://youtu.be/uymTGsML0HA>



Leg Stretches

<https://youtu.be/CZBKSOtyssM>



© SPARKYTOUR

Planks

<https://youtu.be/B296mZDhrP4>



Sit Up

https://youtu.be/1fbU_MkV7NE



Wall Squat

https://youtu.be/_bweG9fBOBw



Ski Jump

<https://youtu.be/zoeyTz5FKnw>



Toe Touch

https://youtu.be/y6Bv_0Shhc8

