Circuit training is a certain type of body conditioning and resistance training that targets strength building and muscular endurance. The students will learn basic muscle strength/endurance exercises and know the major muscle groups. An exercise "circuit" should work each section of the body individually. Students will be able to demonstrate different types of body control weight with some resistance exercises independently. Students will participate in physical muscular strength activity that increases heart rate, breathing rate and body temperature that is extremely beneficial to the human body

Week of 10/19-23

Kindergarten zoom class starts @ 8:45am – 9:30am
1st Grade zoom class starts @ 1:00pm – 1:45pm
2nd Grade zoom class starts @ 11:30am – 12:15am

MONDAY

https://us02web.zoom.us/j/88977373827?pwd=ajc0aGlyWDFISzEzZFdaR1VmTy9Ddz09

Meeting ID: 889 7737 3827
Passcode: 2UzACE

TUESDAY

- The student will warm-up by doing the following:
  - 10 jumping jacks
  - Jog in place 1 min
  - Jog in place double time 30 sec
- Next, student will click on link below and follow along with the video
- YouTube video called Kid workout 8
- **https://www.youtube.com/watch?v=A1h0WR6Xbt4**

WEDNESDAY

https://us02web.zoom.us/j/88977373827?pwd=ajc0aGlyWDFISzEzZFdaR1VmTy9Ddz09

Meeting ID: 889 7737 3827
Passcode: 2UzACE

THURDAY, FRIDAY

- The student will warm-up by doing the following:
  - 5 Push ups
  - Jog in place 1 min
  - Jog in place double time 30 sec

- Next, student will click on link below and follow along with the video
- YouTube video called AVEBGERS KIDS TABATA WORKOUT
- **https://www.youtube.com/watch?v=jyWyBern6q4&t=2s**

3rd Grade zoom class starts @ 12:15pm -1:00pm
4th Grade zoom class starts @ 10:15am – 11:00pm

MONDAY

https://us02web.zoom.us/j/88261704603?pwd=OHZiTlpxQWtCVGFpbGczOVROWENKdz09

Meeting ID: 882 6170 4603
Passcode: 0MQzPc

TUESDAY

- The student will warm-up by doing the following:
  - 10 jumping jacks
  - Jog in place 1 min
  - Jog in place double time 30 seconds
- Next, student will click on link below and follow along with the video
- YouTube video KIDS HIIT WORKOUT 1
- **https://www.youtube.com/watch?v=L_A_HjHZxfI&t=340s**

WEDNESDAY

https://us02web.zoom.us/j/88261704603?pwd=OHZiTlpxQWtCVGFpbGczOVROWENKdz09

Meeting ID: 882 6170 4603
Passcode: 0MQzPc

THURSDAY, FRIDAY

- The student will warm-up by doing the following:
  - 5 Push ups
  - Jog in place 1 min
  - Jog in place double time 30 seconds
- Next, student will click on link below and follow along with the video
- YouTube video 10 MIN KID CARDIO WORKOUT HIIT
- **https://www.youtube.com/watch?v=kAXg3cM0UCw&t=44s**

6th Grade zoom class starts @ 1:45pm – 2:30pm
8th grade zoom class starts @ 2:30 – 3:15pm

MONDAY

https://us02web.zoom.us/j/85896915400?pwd=b3dMWS9aTTdncUVVRXRsN3MySFM1QT09

Meeting ID: 858 9691 5400
Passcode: 3DV9fg

TUESDAY

- The student will warm-up by doing the following:
  - 20 jumping jacks
  - Jog in place 2 min
  - Jog in place double time 30 seconds
- Next, student will click on link below and follow along with the video
- Youtube video fat burning cardio workout 37 mins
- **https://www.youtube.com/watch?v=fcN37TxBE_s&list=PLW8c61ORP4p0UNygeXM4O6kCxYOrdni6O**

WEDNESDAY

https://us02web.zoom.us/j/85896915400?pwd=b3dMWS9aTTdncUVVRXRsN3MySFM1QT09

Meeting ID: 858 9691 5400
Passcode: 3DV9fg

THURDSAY, FRIDAY

- The student will warm-up by doing the following:
  - 15 Push ups
  - Jog in place 2 min
  - Jog in place double time 30 seconds
- Next, student will click on link below and follow along with the video
- Youtube video 30 min hit cardio
- **https://www.youtube.com/watch?v=uzxGKGoqAzA**