



Eastwood HS PE Calamity Day Lessons



Directions: Pick one of the following to perform.

1. 30 Min. Run or walk or combination of both (If Roads are Clear and Safe; or on a treadmill)
2. Shovel Driveway(s): (30min) Your own and/or neighbors (also performing community service)
3. Any fitness video you might have at home (Ask your parents)
4. Perform one of the circuits below and one core circuit
 - a. Perform each exercise for 30 seconds and then rest for 30 seconds

Circuit #1

Lunges
Squats
Dips
Side Lunges
L-Overs -Hip-Ups
Push-Ups
Split Jumps
Crunches

Circuit #2

Speed Push-Ups
Prisoner Squats
V-Ups
T-Push-Ups
Rocket Jumps
L-Overs
Russian Twists
Burpies

Core #1

SL V-Ups x 20
L-Overs x 15
Crunches x 20
Bicycles x 30

Core #2

Sprinter Sit-Ups x 20
V-Ups x 15
Toe Touches x 20
Hip-Ups x 20



EASTWOOD
Strength & Conditioning