**Team Sports**

**Warm up**

**Warm up-** Please complete one of the following activities for at least 10 minutes:

* Jump rope/if you don’t have one, pretend and use your arms like you would with a jump rope
* Walk around inside/outside
* Ride your bike/rollerblade/skateboard/just dance on console

**Stretch**

**Please complete the following stretches:**

* Seated single leg toe touch (sit down on bottom, one leg bent in, the other leg straight and reach for your toes) each leg.
* Both legs straight out
* Butterfly
* Hug your knee/twist/straight leg straight up
* Quads
* Calves

Workout

As you complete the following exercises, you delete the bottom one. So do 1-6, then 1-5, 1-4, 1-3, 1-2, 1, done.

1. 10 lunges
2. 10 push ups
3. 20 crunches
4. 20 jumping jacks
5. 20 mt climbers
6. 3 half burpees (<https://www.youtube.com/watch?v=E7_m8AxJCrE>)