**Team Sports**

**Warm up-**

Choose one of the following for 10 minutes

Pretend jump rope (include your arms! You do not have to have a jump rope)

Jump on your trampoline

Jumping jacks

Learn a couple of Tik Toks

**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**

Start with 1 and then add on each exercise. You will end by doing all exercises. Example: do 1, then 1 and 2, add 1, 2, 3, then 1, 2, 3, 4, now 1, 2, 3, 4, 5, and end with 1-6.

1. 10 plank taps (<https://www.youtube.com/watch?v=QOCn3_iOAro>)
2. 10 plank dips (<https://www.youtube.com/watch?v=XAT8SDAj5EM>)
3. 15 air squats
4. 15 dips
5. 35 Jumping jacks
6. 10 half burpees (<https://www.youtube.com/watch?v=xGYK8CvP1T8>)