

# Week 6, Workout 2

LEVEL

3

**WARM UP** -- (10 minutes) Complete warm up found prior to beginning exercises.

**ENDURANCE** -- (15 minutes) Do each exercise for 30 seconds. Rest for 1 minute in between each rep. Complete three times. Take a 2 minute rest break between each exercise.

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## FROG JUMPS

1. Start by standing with your feet apart.
2. Bend at your knees and hips to squat down. Touch the floor with your hands.
3. Jump straight up in the air with your arms up.
4. Land in a squat with your hands touching the floor.

## BRUSHING YOUR TEETH

Brushing your teeth should be a priority two times a day: once when you wake up and then again before you go to bed. If you have a sticky snack that gets stuck in your teeth sometime during the day, it's important to brush an extra time.



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**STRENGTH** -- (20 minutes) Do 10 of each exercise and then move on. Rest for 1 minute in between each exercise. Complete three times.

## PUSH-UPS FROM KNEES

1. Start in a Plank from Knees position. Put your hands a little wider than your shoulders.
2. Bend your elbows and lower your body toward the ground. Try to lower your chest all the way to the ground.
3. Push your body back up to the starting position. Keep your body a straight line from your knees to your shoulders for the whole exercise.



## BRUSHING YOUR TEETH

Make sure that you brush your teeth for two minutes (30 seconds on each quadrant of your mouth). A timer at the sink or an electric toothbrush with a built-in timer is a helpful way to make sure our teeth get the time they deserve.

Brush all parts of your mouth: front teeth, back teeth, and even your tongue.

Germs and leftover food can hide all over the mouth, so pay attention to brushing thoroughly.

Brushing can also help keep breath fresh. Flossing between the teeth is also a good daily habit, since many foods can get stuck between our teeth. This can lead to cavities.

Proper hygiene is key to helping our bodies and teeth look and feel their best. Create a routine. Your body and teeth will thank you.



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**FLEXIBILITY** -- (5 minutes) Do the following stretches for 30 seconds. Make sure to do both sides of the stretch only focusing on one side of the body.

**COOL DOWN** -- (10 minutes) Following the flexibility exercise, perform cool down.

## TRICEPS STRETCH

1. Stand or sit tall with your left arm by your ear. Bend your elbow so that your hand touches your back.
2. Reach over your head with your right arm. Grab your left elbow with your right hand. Pull your left arm even closer to your ear. You should feel a stretch in your upper left arm.
3. Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.

1



2



## BRUSHING YOUR TEETH

Foods such as popcorn can become lodged, and only a good flossing will remove it. Flossing is important for your gums, because it prevents redness and infections such as gingivitis. Gingivitis is inflammation of the gums caused by bacteria buildup. By brushing and flossing daily, our gums and teeth will stay clean and healthy.

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