

# Week 9, Workout 1

LEVEL  
5

**WARM UP** -- (10 minutes) Complete warm up 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.

1



2



3



4



## TUCK JUMPS

1. Stand with your feet together.
2. Swing arms and bend your knees. Now jump as high as you can and bring your knees up in front of you.
3. Try to get your knees close to your chest on each jump.

## WASHING YOUR HANDS

Hygiene is an important part of your overall wellness, as it has to do with keeping your body neat and clean. Your hair, skin, and teeth need your care on a daily basis. As we get older, it's even more important to take care of our bodies, since this can prevent many infections. Every person has a responsibility to take care of his or her body.



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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.

## SIDE PLANK

1. Lie on your side with your elbow underneath your shoulder. Put one foot on top of the other.
2. Lift your hips off the ground. Keep your body in a straight line. Look forward.
3. Hold this position for 20 seconds.

*Note:* This exercise is a hold so it is not done in repetitions. To make this exercise more difficult, hold the exercise 10 additional seconds. Continue to increase the length of the hold until you can hold for 1 minute.



## WASHING YOUR HANDS

Washing your hands is a simple way to keep clean throughout the day. By washing your hands, you get rid of dirty germs. This prevents you from getting sick or possibly making others sick. The best way to wash your hands is by following these three steps:

- » Wet your hands with warm water.
- » Rub soap in your hands for about 20 seconds (or sing "Happy Birthday" to yourself). Be sure to get between your fingers and onto your forearms.
- » Rinse your hands with warm water and dry them using a towel or air dryer.

It is recommended to wash your hands before and after you eat, after you use the restroom, after you play with animals, after blowing your nose, coughing or sneezing, or whenever you think your hands may have gotten some germs on them.



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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.

## SHOULDER ROTATION STRETCH

1. Stand or sit tall.
2. Put your right arm next to your ear. Bend your elbow and reach your hand down as far as you can on your back.
3. Now reach your left arm behind your back. Bend your elbow and reach your left hand as high up on your back as you can.
4. You should feel a stretch in both shoulders.
5. Repeat the stretch with your left arm next to your ear.



## WASHING YOUR HANDS

When coughing, a great strategy is to cough into your upper arm rather than into your hands. If you don't have soap and water, try using hand sanitizer. It's important not to use this on a regular basis, as it can dry out the hands and lead to roughness. This can lessen the protective barriers of the skin that are helpful in reducing infections.

