

# HOMWORK CONDITIONING

- 5 minutes (or more) of cardio
  - In 30 second intervals (do outside when possible - in indoors do as much as you can safely without breaking the house! haha)
    - Running
    - Jumping jacks
    - Walk on tip toe
    - Skipping
    - High Knees
    - Butt Kicks
    - Walking on heels
    - Backwards run
    - Chassé belly in
    - Chassé belly out
- Exercises
  - 3 minutes of squats (or 50 total without stopping)
    - Feet shoulder-width apart, must squat until thighs are horizontal
  - Jump rope 200 times (optional)
  - 2x 1 minute plank holds
  - Alligator crawl for 1 minute continuous
    - <https://www.youtube.com/watch?v=j8tT5r2jscg>
    - Use something for feet to slide on
  - 10 chin-ups
  - 100 push-ups (can be done in multiple sets)
  - 100 sit-ups (can be done in multiple sets)