





SPARK Assignments May 4-May 8, 2020

Monday 5/4	Tuesday 5/5	Wednesday 5/6	Thursday 5/7	Friday 5/8
<p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> Question for thought <p>Who is your favorite superhero and why?</p>	<p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> Question for thought. <p>What superhero power do you wish you had?</p>	<p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> Question for thought. <p>What do you want to be when you grow up?</p>	<p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> Question for thought. <p>What is your favorite thing about at home school?</p>	<p>Warm-up with mindfulness</p> <ul style="list-style-type: none"> Question for thought. <p>What is your favorite thing about your home?</p>
Superhero Training!				
<p>Workout: MAY THE 4TH BE WITH YOU</p> <p>COMPLETE STAR WARS WORKOUT.</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p> <p style="color: red;">Can you do more? Record any additional activities you participate in during the week.</p> 	<p>Workout: Hulk Workout!</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p> 	<p>Workout: Wonder Woman Workout!</p> <p>Music needed! And *TAKE BREAKS after each exercise and at any time IF NEEDED!</p> 	<p>Workout: Flash Workout!</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p> 	<p>Workout: Cat Woman Workout!</p> <p>*TAKE BREAKS after each exercise and at any time IF NEEDED!</p> 

*Don't forget to record your exercises on the activity log or on a separate sheet of paper. Thank you!

Monday

WORKOUT

PERFORM 10 OF EACH EXERCISE.

SQUATS

TOE TOUCHES

ARM CIRCLES

RUN IN PLACE



WALK BACKWARDS

ARMS OVERHEAD

REVERSE JUMPS

STOMP FEET



Tuesday



WARM-UP



PUSH UP POSITION:
30 SECONDS



SQUAT POSITION: 20
SECONDS



FLEX



PUSH UP POSITION:
35 SECONDS



15 SQUAT JUMPS

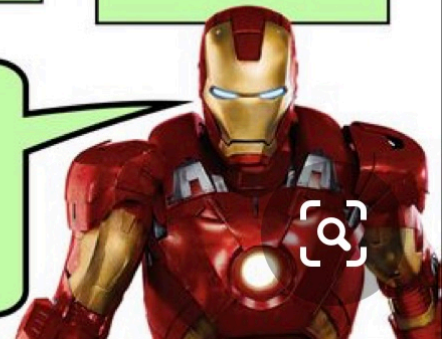


FLEX



PLANK POSITION:
15 SECONDS

LET'S CRUSH
THIS WARM-UP 2
MORE TIMES!



Wednesday



WONDER WOMAN
AMAZON TRAINING

#1 
JOG IN PLACE TO 50 COUNT

#2 
CRAB WALK FOR 30 COUNT

#3 
DO 20 SLOW SQUATS

#4 
HOLD A PLANK FOR 30 COUNT

#5 
DO 15 SQUAT JUMPS


#6 
DO 10 PUSH-UPS




IF YOU FINISH BEFORE THE MUSIC ENDS, REPEAT THE SIX STEPS AGAIN!

TRAIN HARD!




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Thursday



 **FLASH WARM-UP**

**JOG IN PLACE:
15 SECONDS** **SPRINT IN PLACE:
15 SECONDS** **JOG IN PLACE:
15 SECONDS**

**PUSH UP POSITION:
30 SECONDS** **SPRINT IN PLACE:
15 SECONDS** **JOG IN PLACE:
30 SECONDS**

**WOAH!
THAT WAS FAST!
CAN YOU DO IT
AGAIN?**

**SPRINT IN PLACE:
15 SECONDS**

Friday



CATWOMAN WARM-UP

BOAT POSITION: 20 SECONDS



LEG LIFTS: 10 WITH EACH LEG



SELF DEFENSE KNEE BLOCKS: 10 EACH LEG



LEG LIFT CRUNCHES



SELF DEFENSE KICK: 10 TIMES EACH LEG



PLANK POSITION: 15 SECONDS



DOWNWARD "DOG" 15 SECONDS



NOT BAD... BUT CAN YOU CLAW YOUR WAY THROUGH THIS WARM-UP 1 MORE TIME?

