


DAWG STRENGTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	Push ups	10	Air Squats	25	Sec. Plank	35	Sec. Wall Sit	40	Burpees
25	Burpees	25	Lunges	30	Squats	20	Crunches	15	Jumping Jacks
10	Sit Ups	15	Push Ups	40	Crunches	10	Push Ups	20	Crunches
20	Jumping Jacks	30	Crunches	15	High Knees	30	Sit Ups	35	Squats
60	Sec. Wall Sit	5	Burpees	10	Russian Twist	25	High Knees	10	Russian Twists
15	Tricep Dips	40	Sec. Wall Sits	5	Push Ups	40	Sec. Plank	30	High Knees
40	Sec. Plank	20	Butt Kicks	20	Lunges	15	Russian Twist	10	Butt Kickers
30	Air Squats	35	Sit Ups	35	Tricep Dips	15	Air Squats	25	Sec. Side Plank

Have your Parent or Guardian initial that you completed the workout and that you had 30 min of exercise.

W=WORKOUT E=EXERCISE

FREEMAN PHYS ED DEPT				18 WEDNESDAY	19 THURSDAY	20 FRIDAY	
W-		W-		W-		W-	
E-		E-		E-		E-	
23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY			
W-	W-	W-	W-	W-	W-	W-	W-
E-	E-	E-	E-	E-	E-	E-	E-
30 MONDAY	31 TUESDAY	1 WEDNESDAY	2 THURSDAY	3 FRIDAY			
W-	W-	W-	W-	W-	W-	W-	W-
E-	E-	E-	E-	E-	E-	E-	E-
6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY	SPRING BREAK		
13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY			
W-	W-	W-	W-	W-	W-	W-	W-
E-	E-	E-	E-	E-	E-	E-	E-
20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY			
W-	W-	W-	W-	W-	W-	W-	W-
E-	E-	E-	E-	E-	E-	E-	E-

Questions please email Mr. Ripke at cripke@freemansd.org

*Look up any activity that you are not sure of on YouTube.