



# **Big Sandy Athletic Booster Club**



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**Larry Minter**  
**Athletic Director**

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## **Big Sandy Elementary Physical Activity Home Program**

### **Stretching:**

Feet together, arms out, hands in--twisting for a 10 count

Feet together, knees straight, hands to toes--stretch for a 10 count

Feet apart, right hand to left toe--stretch for a 10 count

Feet apart, left hand to right toe--stretch for a 10 count

Lay on stomach, seal stretch--stretch for a 10 count, then rest for a 10 count--3 times

### **Strength and Core:**

Push-ups--10 count, then rest for a 10 count--3 times (30 total push-ups)

Sit-ups--10 count, then rest for a 10 count--3 times (30 total sit-ups)

### **Cardio:**

Jumping Jacks--30 seconds without stopping, then rest for 30 seconds--3 times

Running in place--30 seconds without stopping, then rest for 30 seconds--3 times

**Brent Hutto**

**Big Sandy ISD**