Coach Fran McPherson

To all my students: First of all, I miss all of you very much! I love all of our classes and the enthusiasm and energy that you all bring to the gym. I know that we all do not have the equipment, access to videos, etc., so I am sending you this workout that can be accomplished with simple items around the house. Remember, now is not the time for group activities such as basketball with friends. Get fresh air and sunshine when you can, but exercise with approval from parents as appropriate to your surroundings and current level of fitness.This can be a great time to work on individual fitness! Fitness activities are fun and can help us feel much better in these tough times. Please document your workouts and strive for at least 30 minutes per day five days per week. Send me a weekly exercise log to my email: [mcpherson.fran@marion.k12.ga.us](mailto:mcpherson.fran@marion.k12.ga.us)

Just describe what you did. Remember to include any type of physical exercise you do! I will use this for your grade for the remainder of the school year. Hopefully, we can all be together soon!

Fitness Gram Standards can be found at <https://fitnessgram.net>

**6th and 7th Grade Physical Education Workout:**

Stretch and warm up: On your own

Workout: 100 crunches, 50 push ups, 100 line jumps or rope jumps,50 high knees, these do not have to be done all at once. Do 10 at a time throughout the day until you reach the desired total. Walk/jog in place or where appropriate at least 15 minutes.

**ADVANCED PERSONAL FITNESS AND BODY SCULPTING CLASSES:3rd and 4th Block:**

Warm up: 2-5 min jog in place/or where appropriate. Class stretches/what you need to get loose.

Lunges 25 each leg, watermelon stretch 25, high knees 25 each leg, Caricoa-both directions, as much space as you have, Cherry pickers/skip for height, Butt kicks low, high, Bounding, stride out, track skips (up/out)

Workout: fill up a book bag, use empty laundry detergent bottles, cans, be creative! Or use your body weight.

Bicep curls: 3 x 10

Tricep extensions 3 x 10

Squats (put weighted book bag on here!) 3 x 10

Push ups: 100 per day

Dips: 3 x 10 use a chair or steps

Step up/step down (steps) 100

Rows 3 x 10 (use backpack or laundry detergent bottle filled with water/sand

Planks-Front/side/reverse 30 seconds each-elbow or use palm if you can

Abs- vary 100- 1-2-3-1 with hands under hips for lower abs, 1-2-3-1 with hands on side of head, Russian twists, regular crunches, sit ups, etc.....

There are several workouts on Youtube that are free. Feel free to substitute for this workout. The main thing is to keep moving and improving!!!