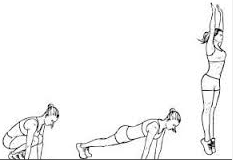
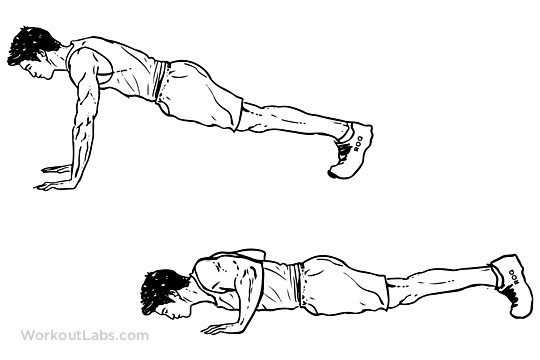
**Happy Heart Month**

**Physical Education Standard 3: Resource Management**

Here is a gift for your heart!!! 12 exercises you can do at home with no equipment! Perform each exercise for 1 whole minute and take 20 seconds rest in between. Check out our website at [www.GranbyPE.Weebly.com](http://www.GranbyPE.Weebly.com) and click the **fitness unit tab**

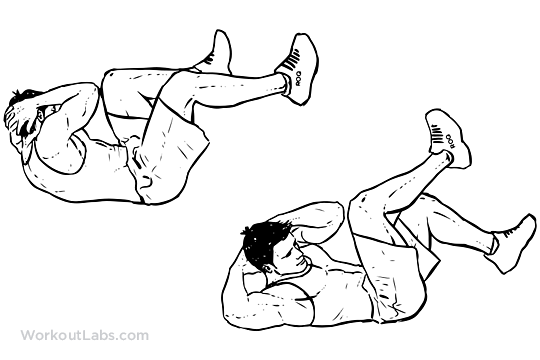
to see more at home exercises. Students should know how to do a proper warm up and proper stretching techniques from class.

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj_uYfHpazKAhWIej4KHRMFCkMQjRwIBw&url=https://www.reddit.com/r/bodyweightfitness/comments/2hab2g/why_cant_i_do_dips/&psig=AFQjCNHD1X37Yzn6sL3dURGGkGL0Xzbsbw&ust=1452963640634849) Push Ups Wall Sit Tricep Dips Squat Thrust

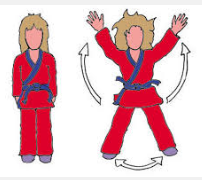
 [](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi65euDjazKAhVGPz4KHTCFBtIQjRwIBw&url=http://workoutlabs.com/exercise-guide/pushup/&psig=AFQjCNFAVv5SWWvXFZWyYn--xRaJUevyzg&ust=1452957062874095)

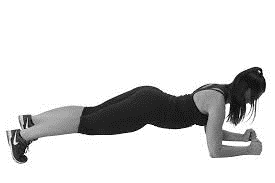
Bicycle Abs High Knees Box/Stair Jumps Bench/Counch

[](https://www.google.com/imgres?imgurl=http://media3.popsugar-assets.com/files/2014/01/18/687/n/1922729/75796db2c6bce686_highknees.jpg.xxxlarge/i/Plyometrics-High-Knee-Skips.jpg&imgrefurl=http://www.popsugar.com/fitness/photo-gallery/34376556/image/34376688/Plyometrics-High-Knee-Skips&h=1024&w=1024&tbnid=M0ZLI21_dLRgrM:&docid=6IeNwwgkhNHosM&ei=PQqZVsulM4r5-AGY2bCYCA&tbm=isch&ved=0ahUKEwiLuJiki6zKAhWKPD4KHZgsDIMQMwgoKAwwDA) Plank or Push Ups

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwie09XBjKzKAhVCPj4KHYtNCmgQjRwIBw&url=http://workoutlabs.com/exercise-guide/bicycle-crunches-air-bikes/&psig=AFQjCNFQ-_p0TyZcotP0AhuGC6FTVwtSOw&ust=1452956890631081)

 Squats Jumping Jacks Sit Ups



[](http://www.google.com/imgres?imgurl=http://www.bnnstudentnews.net/siteadmin/files/sit%20ups.jpg&imgrefurl=http://www.bnnstudentnews.net/article.php?id%3D272&h=165&w=305&tbnid=NgYdfxzaERUntM:&docid=WRAdlztwNgBI9M&ei=7LMvVqfzD8rY-QG_46uQDg&tbm=isch&ved=0CCgQMygMMAxqFQoTCKeZn5mW48gCFUpsPgodv_EK4g) Plank

**Love,**

Mrs. Maselli, Mr. Popper & Mr. Wallace