**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.

 Push Ups Wall Sit Tricep Dips Squat Thrust

 

 Bicycle Abs High Knees Box/Stair Jumps Bench/Counch

 Plank or Push Ups



 Squats Jumping Jacks Sit Ups



 Plank

**Love,**

 Mrs. Maselli, Mr. Popper & Mr. Wallace