

ELearning - Physical Education Class

Please perform the following 8 exercises as you would during your regular gym class.

#1 Do **10** Arm Circles both directions

#2 Do **10** Waist Twists

#3 Do **10** Toe Touchers

#4 Do **10** Squats

#5 Do **10** Lunges

#6 Do **10** Push Ups

#7 Run in place for **10** seconds

#8 Do **10** Jumping Jacks

Now that you've completed the exercise routine, drink some water and read your favorite book for 15 minutes before doing the same routine a second time.

Finally, after you've completed the exercise routine a second time, pat yourself on the back because **YOU ARE SO AWESOME!!!** Have a wonderful day!