

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!