

Faraday School Home Workouts

April 16, 2020

3 Reps with each exercise or dance

30 jumping jacks

YMCA dance - Village People (You Tube)

Cha Cha Slide - DJ Casper (You Tube)

Jump On It - Sir Mix A Lot (You Tube)

15 push-ups, against floor or wall

15 crunches

Leg Squats

- standing , width apart with knees slightly bent
- shift your body weight onto your heels. No weight on your toes
- lower your body down as if you were sitting into a chair. Hips go back and the knees bend.
- Keep the knees behind the toes
- Keep your shoulders blades down and together with your abdominals pulled in

Single Leg Squat

- standing, width apart with knees slightly bent
- standing on one foot with the knee slightly bent
- lower your body down as if you were sitting on a chair. Hips go back and the knees bend
- keep the knees behind the toes
- slowly stand up until your knee is almost straight
- repeat this exercise with opposite leg
- keep shoulder blades down and together with abdominals pulled in

Sock Basketball Shooting

- use clean and rolled up socks
- use a basket, drawer or hamper
- practice BEEF, balance , eyes, elbow and follow through with your sock shot
- practice free throws, jump shots and teardrops