Coach Masingale’s Wellness/Physical Education Class

A = 50 Jumping Jacks N = 20 push ups

B = 20 crunches O = 25 burpees

C = 30 squats P = 40 jumping jacks

D = 15 push ups Q = 15 Lunges

E = 1 min wall sit R = 30 crunches

F = 10 burpees S = 15 push ups

G = 20 lunges T = 30 squat jumps

H = 20 squat jumps U = 15 burpees

I = 30 jumping jacks V = 30 tricep floor/chair dips

J = 1 min plank W = 1 min wall sit

K = 10 push ups X = 50 calf raises

L = 20 tricep floor/chair dips Y = 50 jumping jacks

M = 20 burpees Z = 1 min plank

**Day 1**: Using the chart above, perform the corresponding exercise to each letter of your First & Last

name.

**Day 2**: Engage in 30 minutes of any exercise or combination of exercises of your choice. Examples: Washing car,

yardwork, cleaning house, walking, dribbling basketball, jumping rope, jogging, dancing

**Day 3**: Using the chart above, perform the corresponding exercise to each letter of “CENTRAL CHARGERS”.

**Day 4**: Engage in 20-30 minutes of any exercise of your choice. Examples: Washing car, yardwork,

cleaning house, walking, dribbling basketball, jumping rope, jogging, dancing.

**Day 5**: Using the chart above, perform the corresponding exercise to each letter of the name of your

favorite teacher.