Hey Folks,

Let’s do a little warm up today before heading outside for some fresh air and exercise!

Warm Up:

1. 40 Mountain Climbers (Place hands down on the floor stretched out past the shoulders. One leg is bent in a leaning forward squat -like position, while the other leg is nearly straight back with only your toes touching. To complete one Mountain Climber, simply jump your outstretched leg to the bent-forward position, while sending bent with one foot back to the stretched position. Do 39 more and the task is complete!)
2. Do as many push-ups as you can in two minutes!
3. Balance on each foot for a count of 50. If need a slight touch, no worries, just continue the count!

Challenge: Get outside, preferably before the rain that is supposed to be coming. Go for a little snow jog around the yard or open area nearby. Try to keep going for at least 4 minutes. (Count to 20, 1 Max Aitken, 2 Max Aitken… for each of your thumbs and then for all 5 fingers on each hand.) Try to push yourself to keep moving, walk if you need to but don’t stop for the four minutes! The snow will definitely increase the cardio intensity.

Ball toss with a friend and with a flat wall. Need to keep those hand eye coordination skills up! If with a partner, how many catches in a row can you both complete with nice underhand tosses delivered to the chest. If playing by yourself off the ball, try to increase your max. Too easy step back and toss a little harder! Go easy on siding those as it can be brittle when cold!

Have fun!

-Mr. Mackinnon