

1st Grade FUESD Study Plan - May 18

Week 9 May 18 Monday	Tuesday	Wednesday	Thursday	Friday
<p>ELA</p> <ul style="list-style-type: none"> Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson Practice Sight Words, List _____ Read: <u>Rose Robot Cleans Up</u> <ul style="list-style-type: none"> Writing: Using the sentence frame, answer the question: <i>What will Mom and Dad do the next time Rose brings junk home?</i> Optional Story: <u>Where's Your Home?</u> <p>ELD</p> <ul style="list-style-type: none"> ESL at Home, Week 3, Monday <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Math Lesson Monday Homework Math Fluency Practice: I Spy Math Review-Cut out the cards and place them around the room. Use the answer sheet to record your answers to the cards you find. <p>Well-Being & Leader In Me</p> <ul style="list-style-type: none"> Be Proactive/Begin With the End In Mind: Make a To-Do List for the week <p>PE</p> <ul style="list-style-type: none"> Choose a PE Task 	<p>ELA</p> <ul style="list-style-type: none"> Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson Practice Sight Words, List _____ Reread: <u>Rose Robot Cleans Up</u> Using the sentence frame, answer the question: <i>Would you like to have a friend like Rose? Why or why not?</i> Optional Story: <u>Where's Your Home?</u> <p>ELD</p> <ul style="list-style-type: none"> ESL at Home, Week 3, Tuesday <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Math Lesson Tuesday Homework Math Fluency Practice: What's Missing? (rows A-E) <p>Well-Being & Leader In Me</p> <ul style="list-style-type: none"> Seek First To Understand, then to be Understood: Use the "I Can Show Kindness" bingo board. Color each box as you do nice things for others. <p>PE</p> <ul style="list-style-type: none"> PE Task 	<p>ELA</p> <ul style="list-style-type: none"> Read 20 minutes,, Reading Log 1 Lexia/or Reading Plus Lesson Practice Sight Words, List _____ Reread: <u>Rose Robot Cleans Up</u> Using the sentence frame, answer the question: <i>What kind of robot would you make? What would it do?</i> Optional Story: <u>Where's Your Home?</u> <p>ELD</p> <ul style="list-style-type: none"> ESL at Home, Week 3, Wednesday <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Math Lesson Wednesday Homework Math Fluency Practice: What's Missing? (rows F-J) <p>Well-Being & Leader In Me</p> <ul style="list-style-type: none"> Seek First To Understand, then to be Understood: Use the "I Can Show Kindness" bingo board. Color each box as you do nice things for others. <p>PE</p> <ul style="list-style-type: none"> PE Task 	<p>ELA</p> <ul style="list-style-type: none"> Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson Practice Sight Words, List _____ Read: <u>Mole Bakes at Home</u> Using the sentence frame, answer the question: <i>Why did Mole go to an apple grove?</i> Optional Story: <u>Where's Your Home?</u> <p>ELD</p> <ul style="list-style-type: none"> ESL at Home, Week 3, Thursday <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Math Lesson Thursday Homework Math Fluency Practice: Play Tens Go Fish <p>Well-Being & Leader In Me</p> <ul style="list-style-type: none"> Seek First To Understand, then to be Understood: Use the "I Can Show Kindness" bingo board. Color each box as you do nice things for others. Use the blank bingo board to make up your own acts of kindness. <p>PE</p> <ul style="list-style-type: none"> PE Task 	<p>ELA</p> <ul style="list-style-type: none"> Read 20 minutes, Reading Log 1 Lexia/or Reading Plus Lesson Practice Sight Words, List _____ Reread: <u>Mole Bakes at Home</u> Using the sentence frame, answer the question: <i>Why did the author say "Mole's nose woke him up?"</i> Optional Story: <u>Where's Your Home?</u> <p>ELD</p> <ul style="list-style-type: none"> ESL at Home, Week 3, Friday <p>Math</p> <ul style="list-style-type: none"> 1 Dreambox or ST Math Lesson Math Fluency Practice: Play Tens Go Fish <p>Well-Being & Leader In Me</p> <ul style="list-style-type: none"> Sharpen the Saw: Mindfulness Coloring-Relax and enjoy! <p>PE</p> <ul style="list-style-type: none"> PE Task

Plan de Estudio Independiente de FUESD para primer grado - 18 de mayo

Semana 9 18 de mayo Lunes	Martes	Miércoles	Jueves	Viernes
<p>Lenguaje/Literatura</p> <ul style="list-style-type: none"> Leer 20 minutos, (enlace) Registro de Lectura Lexia - lección de Lexia Practicar las palabras de uso frecuente Sight Words, Lista_____ Leer: <u>Rose Robot Cleans Up</u> <p>Escritura: Usando el marco de la oración, responde la pregunta: <i>¿Qué harán mamá y papá la próxima vez que Rose traiga basura a casa?</i></p> <ul style="list-style-type: none"> Historias Opcionales: <u>Where's Your Home?</u> <p>ELD</p> <p>ESL en casa, Semana 3, lunes</p> <p>Matématicas</p> <p>1 Dreambox o lección matemática de ST</p> <ul style="list-style-type: none"> Tarea del lunes Práctica de fluidez matemática: Repaso de I Spy Math-Recorta las tarjetas y colócalas alrededor de la habitación. Usa la hoja de respuestas para registrar tus respuestas a las tarjetas que encuentres. <p>Bienestar</p> <ul style="list-style-type: none"> Ser proactivo/comenzar con El Final en Mente: Haz una lista de tareas para la semana <p>Educación Física</p> <ul style="list-style-type: none"> Escoge una tarea de educación física 	<p>Lenguaje/Literatura</p> <ul style="list-style-type: none"> Leer 20 minutos, Registro de lectura Lexia - lección de Lexia Practicar las palabras de uso frecuente Sight Words, Lista_____ Leer: <u>Rose Robot Cleans Up</u> <p>Escritura: Usando el marco de la oración, responde la pregunta: <i>¿Te gustaria tener una amiga como Rose? ¿Por qué o por qué no?</i></p> <ul style="list-style-type: none"> Historias opcionales: <u>Where's Your Home?</u> <p>ELD</p> <p>ESL en casa, Semana 3, martes</p> <p>Matématicas</p> <p>1 Dreambox o lección matemática de ST</p> <ul style="list-style-type: none"> Tarea del Martes Práctica de fluidez matemática: ¿Qué falta? (filas A-E) <p>Bienestar</p> <ul style="list-style-type: none"> Primero busca comprender, después busca ser comprendido: Utiliza el tablero de "I Can Show Kindness". Colorea cada cuadro mientras haces cosas bonitas para los demás. <p>Educación Física</p> <ul style="list-style-type: none"> Haz una actividad de Educación Física 	<p>Lenguaje/Literatura</p> <ul style="list-style-type: none"> Leer 20 minutos, Registro de lectura Lexia - lección de Lexia Practicar las palabras de uso frecuente Sight Words, Lista_____ Leer: <u>Rose Robot Cleans Up</u> <p>Escritura: Usando el marco de la oración, responde la pregunta: <i>¿Qué tipo de robot harías? ¿Qué haría?</i></p> <ul style="list-style-type: none"> Historias opcionales: <u>Where's Your Home?</u> <p>ELD</p> <p>ESL en casa, Semana 3, miércoles</p> <p>Matemáticas</p> <p>1 Dreambox o lección matemática de ST</p> <ul style="list-style-type: none"> Tarea del Miércoles Práctica de fluidez matemática: ¿Qué falta? (filas F-J) <p>Bienestar</p> <ul style="list-style-type: none"> Primero busca comprender, después busca ser comprendido: Utiliza el tablero de "I Can Show Kindness". Colorea cada cuadro mientras haces cosas bonitas para los demás. <p>Educación Física</p> <ul style="list-style-type: none"> Haz una actividad de Educación Física 	<p>Lenguaje/Literatura</p> <ul style="list-style-type: none"> Leer 20 minutos, Registro de lectura Lexia - lección de Lexia Practicar las palabras de uso frecuente Sight Words, Lista_____ Leer: <u>Mole Bakes at Home</u> <p>Escritura: Usando el marco de la oración, responde la pregunta: <i>¿Por qué fue Mole a un huerto de manzanas?</i></p> <ul style="list-style-type: none"> Historias opcionales: <u>Where's Your Home?</u> <p>ELD</p> <p>ESL en casa, Semana 3, jueves</p> <p>Matemáticas</p> <p>1 Dreambox o lección matemática de ST</p> <ul style="list-style-type: none"> Tarea del Jueves Práctica de fluidez matemática: Juega- Decenas van a pescar. <p>Bienestar</p> <ul style="list-style-type: none"> Primero busca comprender, después busca ser comprendido: Utiliza el tablero de "I Can Show Kindness". Colorea cada cuadro mientras haces cosas bonitas para los demás. Usa el tablero de bingo en blanco para inventar tus propios actos de amabilidad. <p>Educación Física</p> <ul style="list-style-type: none"> Haz una actividad de Educación Física 	<p>Lenguaje/Literatura</p> <ul style="list-style-type: none"> Leer 20 minutos, Registro de Lectura Lexia - lección de Lexia Practicar las palabras de uso frecuente Sight Words, Lista_____ Leer: <u>Mole Bakes at Home</u> <p>Escritura: Usando el marco de la oración, responde la pregunta: <i>¿Por qué el autor dijo: "La nariz de Mole lo despertó?"</i></p> <p>Historias opcionales: <u>Where's Your Home?</u></p> <p>ELD</p> <p>ESL en casa, Semana 3, viernes</p> <p>Matemáticas</p> <p>1 Dreambox o lección matemática de ST</p> <ul style="list-style-type: none"> Práctica de fluidez matemática: Juega- Decenas van a pescar. <p>Bienestar</p> <ul style="list-style-type: none"> Afila la Sierra: Coloración de atención plena-Relájate y disfruta! <p>Educación Física</p> <ul style="list-style-type: none"> Haz una actividad de Educación Física

Name _____

Word List- Unit 3.4

nose

note

joke

woke

cute

cube

chop

whale

old

new

I am on sight word list # _____

Reading Log

1) Read 20 mins a day

2) Write book title

1. _____

2. _____

3. _____

4. _____

5. _____

First Grade Sight Words

1 <i>Red</i>	2 <i>Orange</i>	3 <i>Yellow</i>	4 <i>Green</i>	5 <i>Dark Blue</i>	6 <i>Purple</i>
a are can do for go has have he here I is like little look 15	me my play said see she the this to you was we what where with 30	jump not up it over too be ride run come good pull down help now 45	use very her our they two eat no of some who live many out place 60	again could make one then three all put show together under want away school today 75	way why call funny how more so there every from into people soon your after 90
7 <i>Pink</i>	8 <i>Light Green</i>	9 <i>Light Blue</i>	10 <i>Bright Blue</i>	11 <i>Peach</i>	12 <i>Gray</i>
done find new old work any boy by does friends girl water across carry eight 105	once saw upon walked about give pretty says were write better buy change move ball 120	head never should shout also because blue or other until another climbed full poor through 135	grew house knew would great know sound their warm against below fall orange sure yellow 150	air enough eyes learn open always father four love mother along early instead nothing thought 165	build goes laugh only before been gone searching around begin brought certain minutes straight idea 180

Name _____

1st Grade, Week 9

Directions: Using complete sentences, proper capitalization, and punctuation, answer the questions to the story, *Rose Robot Cleans Up*.

Monday: What will Mom and Dad do the next time Rose brings junk home?

The next time Rose brings junk home, Mom and Dad will _____

Tuesday: Would you like to have a friend like Rose? Why or why not?

I _____ like to have a friend like Rose because _____
would or would not

Wednesday: What kind of robot would you make? What would it do?

I would make a robot that could _____

Name _____

1st Grade, Week 9

Directions: Using complete sentences, proper capitalization, and punctuation, answer the questions to the story, *Mole Bakes at Home*.

Thursday: Why did Mole go to an apple grove?

Mole went to an apple grove because _____

Friday: Why did the author say "Mole's nose woke him up?"

The author said "Mole's nose woke him up" because _____

CA Comprehension

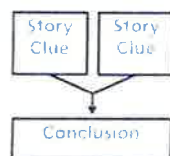
Genre

A **Fantasy** is a made-up story that could not happen in real life.

Reread

✓ Draw Conclusions

Use your Conclusions Chart.

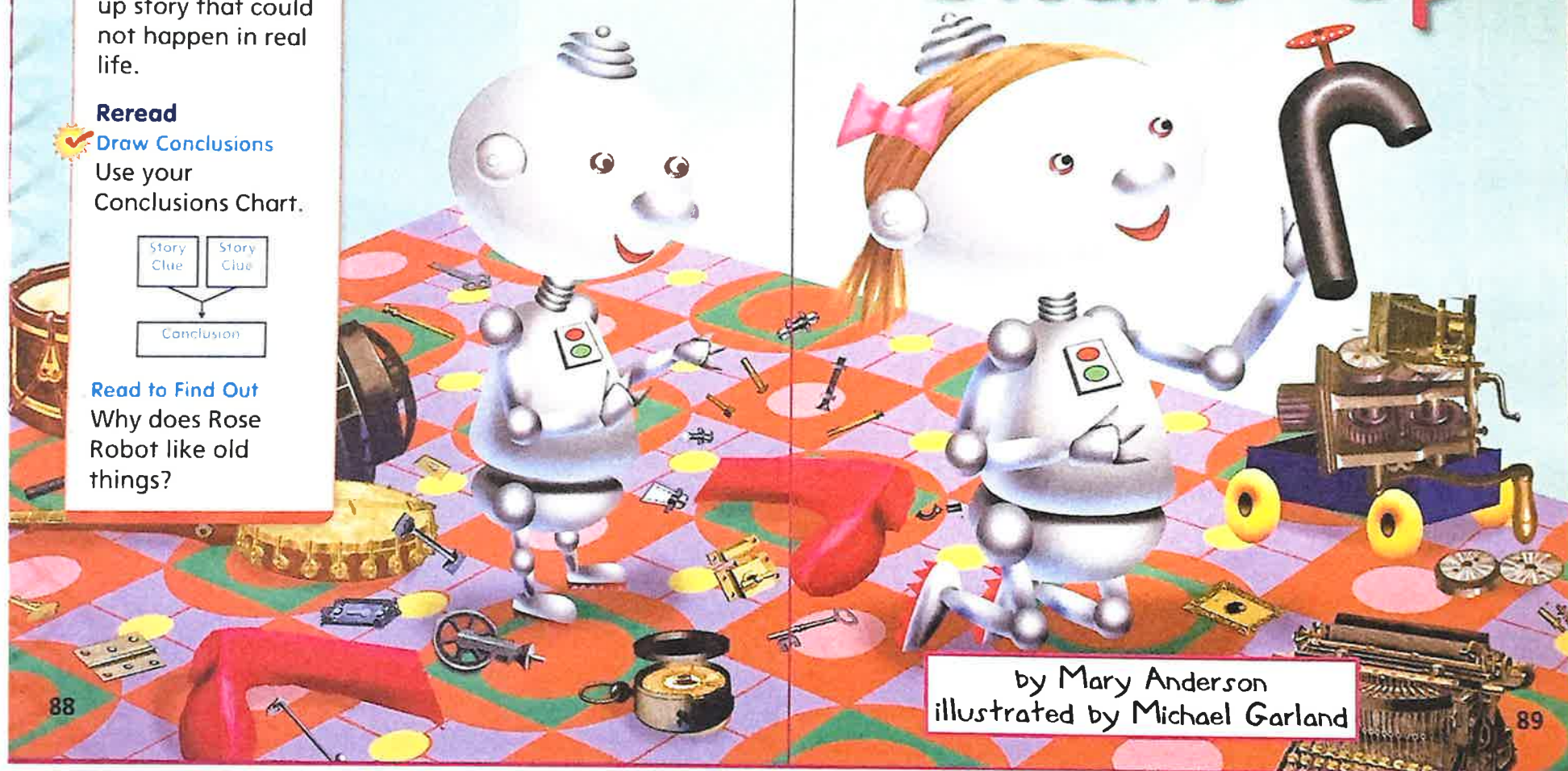


Read to Find Out

Why does Rose Robot like old things?

Rose

Robot Cleans Up



by Mary Anderson
illustrated by Michael Garland



Rose Robot liked to **find old** things.
Her little brother Rob liked to help.

"Rose, what will we do with this old
junk?" asked Rob.

"We will use it," said Rose.

They passed Luke and his dad. **1 2**

"This stuff broke," said Luke.

"We are bringing it to the dump."

"But it is such good stuff!" said
Rose. "I can use it."

Luke gave his old stuff to Rose.

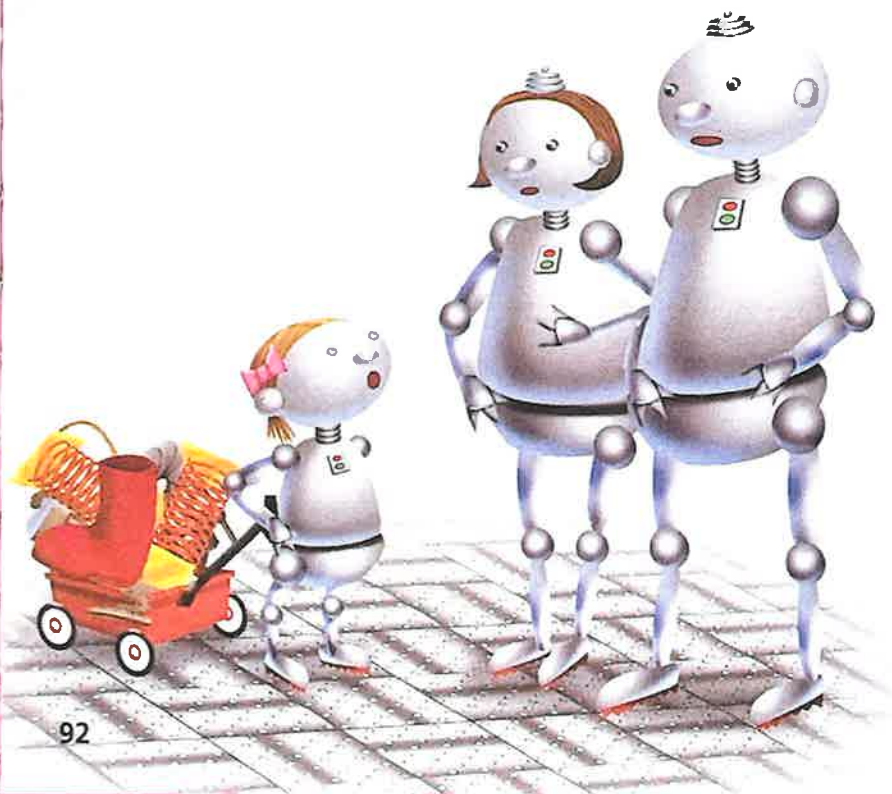


Rose and Rob went home. **3**

"Rose, is that more old stuff?" asked her mom.

"What will you do with that junk?" asked her dad.

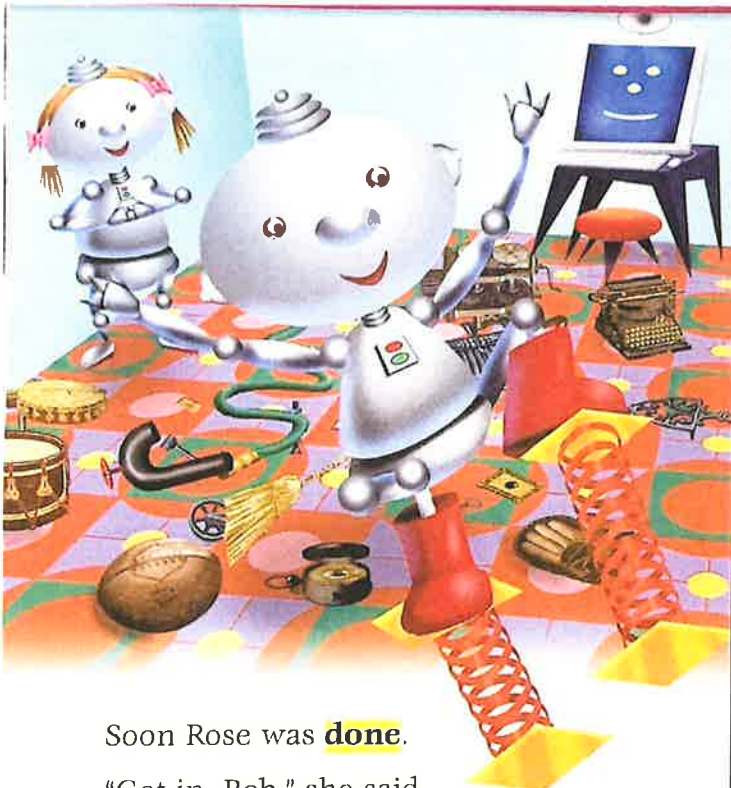
"I am going to use it," said Rose.



Rose went to her room.

"Come and help me, Rob," she said.

"I will make a **new** toy for you to jump in."



Soon Rose was **done**.

"Get in, Rob," she said.

"Rose! Look at me jump!" said Rob. **5**

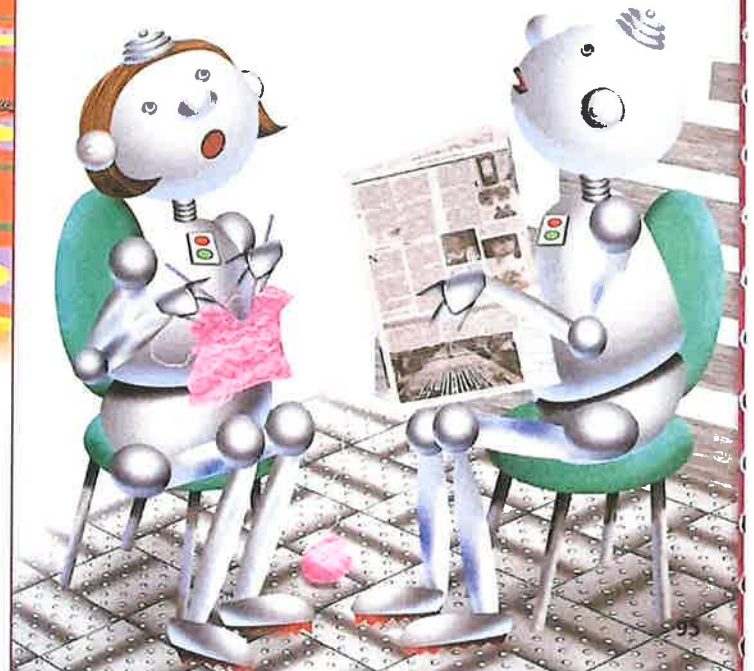
"You make the best things."

"What is that thumping?" asked Mom.

"What is going on up there?" asked Dad.

"Let's go find out," they said.

6

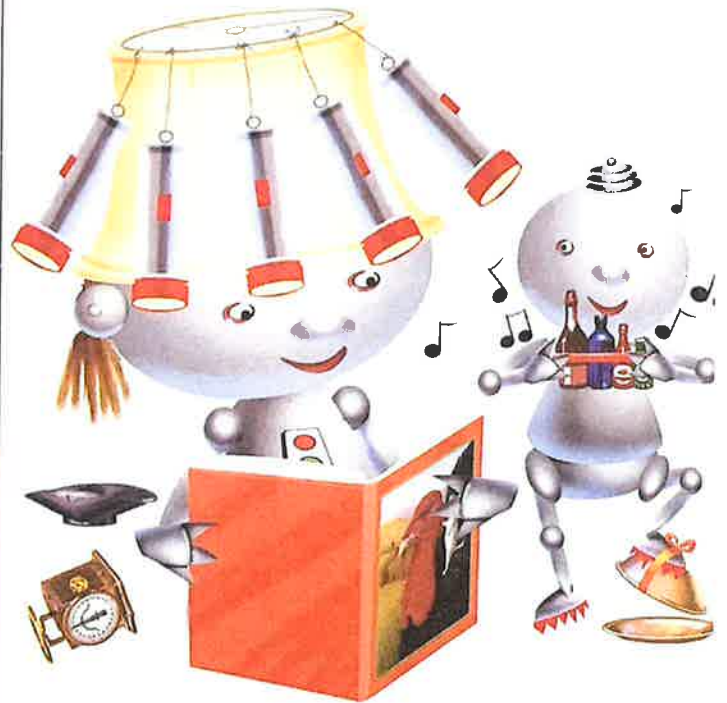




"Rob! Stop that jumping!" said Mom.

"Rose! Look at this mess," said Dad.

Then Mom and Dad spoke together. "We must get rid of all this junk," they said.



"But this is such good stuff!" said Rose.

"Look! I made this for reading in bed." **7**

"And she made this for me to play a tune on!" said Rob.



"Very cute," said Mom. "But this mess has to go!"

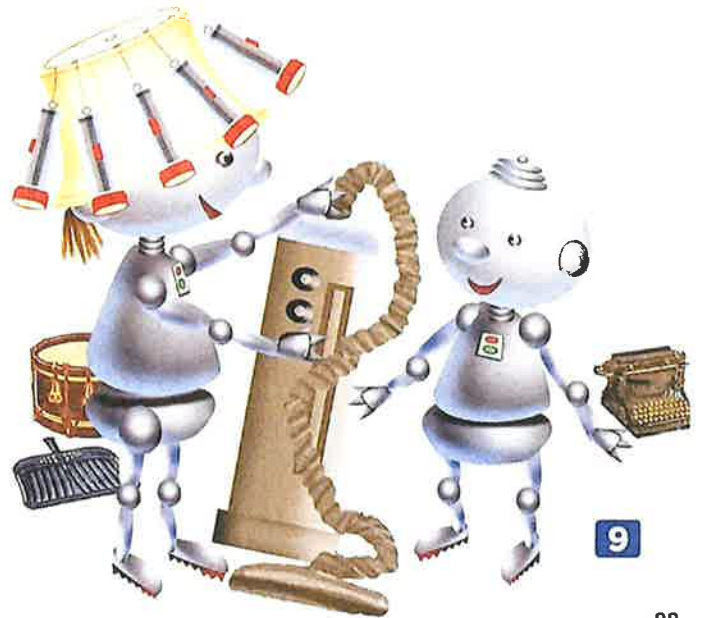
"Tomorrow we will bring the things you can't use to the dump," said Dad.

8

After Mom and Dad left, Rose looked at her stuff.

"Rob, I have a plan," said Rose. "I can have a clean room and still keep my stuff."

"Can I help?" asked Rob.



9



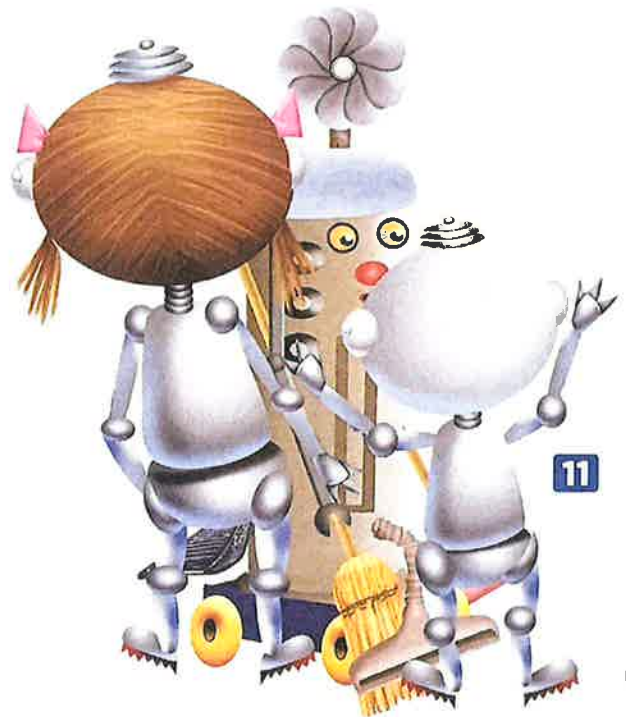
Rose and Rob went to **work**.

"We can use so much of this stuff," said Rose.

"I hope Mom and Dad like this!" said Rob.

10

Rose and Rob worked and worked.
At last, they were done. Rose smiled.
"This is my best thing yet," she said.
"I'll get Mom and Dad," said Rob.



11



"Mom and Dad!" said Rob. "Look at what we made."

"What is it?" they asked.

12

"You'll see," said Rose. "I just have to pull this switch."

13





"Your room is so clean!" said Mom.
"And you used so much old stuff,"
said Dad.

"Look!" said Rob. "This is the stuff we
didn't use. You can bring it to the dump."

"But Rose can make something new
with it," said Mom and Dad.

"I can!" said Rose.

READ TOGETHER

Who Made Rose Robot?

Mary Anderson says,
"I am just like Rose Robot.
I love to find old stuff. My
home is filled with things
I have found and fixed up."



Michael Garland paints,
draws, and uses a computer
to make his pictures.

Other books
by Michael Garland



Find out more about Mary Anderson
and Michael Garland at
www.macmillanmh.com.



Author's Purpose

Mary Anderson tells about an
unusual machine. Write about a
machine you'd like to make.



Critical Thinking

Retell the Story

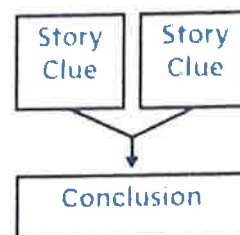
Use the Retelling Cards to retell the story in order.



Retelling Cards

Think and Compare

1. What will Mom and Dad do the next time Rose brings junk home?
2. Would you like to have a friend like Rose? Why or why not?
3. What kind of robot would you make? What would it do?
4. How is Rose Robot like Kim and Luke in "The Old Box"?





Where Is Your Home?

Pete lives in a city. It is a big place.

It has huge  buildings.

It has lots of people.



Pete rides in buses and cabs.

Pete takes trips with this class

to see  bones.



Rose lives in a town.

It has smaller  buildings.

It has lots of new



Rose can play in her  backyard.

Rose can skate at an ice rink.

She makes a cake for a bake sale.

Rose likes the town.



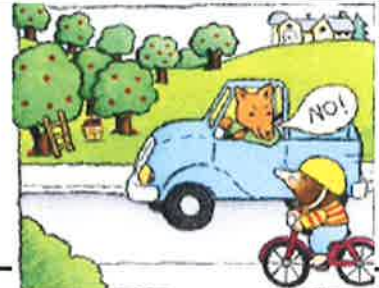


Mole Bakes at Home

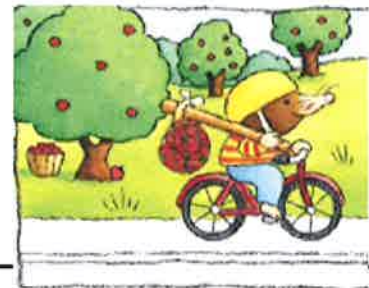
"Can you give me a ride to an apple grove?" asks Mole.

"I can not," says Fox.

So Mole rode his bike.



Mole chose about ten apples.
Those big apples were red!
Mole put his bag on a pole
and rode home.



At home, Mole lit his stove.

"I will make a pie," he said.

"I will read and cut. Then I will bake."



"I hope it tastes good," said Mole.

"I will put on a robe.

Then I will take a nap."



Soon, Mole's nose woke him
up. Mole ate every bit.



"What can I say?" Mole smiled.

"It's the best!"



ESL at Home K-2 Weeks 3-4

Use notebook paper to complete these activities. Do one each day!

Monday	Tuesday	Wednesday	Thursday	Friday		
Read a book to your family. Take turns retelling the story.	<p>Make a T-chart. Make a list of opposites, like big and small, yes and no.</p> <table><tr><td>Big Yes Happy</td><td>Small No Sad</td></tr></table>	Big Yes Happy	Small No Sad	<p>Find food in your house, like crackers or water bottles. Write or draw a math story problem. Omar has 6 crackers. Neveah ate three. How many are left?</p>	<p>Go outside. Tell someone what you see, hear, think, feel, and smell.</p>	<p>Choose an animal. Draw it and label its body parts. Write about how it moves.</p>
Big Yes Happy	Small No Sad					
Monday	Tuesday	Wednesday	Thursday	Friday		
Create shadow shapes on the wall. How many different shapes can you make with your hands?	<p>Use crackers or candy to write words you find in your home.</p> 	<p>Take a walk in your neighborhood. Use sticks, leaves, and rocks to make words.</p> 	<p>Sort your clothes or toys into rainbow order.</p> <p>Sort your clothes or toys into order, biggest to smallest.</p>	<p>Use the food in your house to create a menu with prices.</p> <p>Example: Milk = \$2.00 Bananas = \$3.00 Ice cream = \$1.00</p>		

ESL en Casa K-2 Semanas 3-4

Usar una hoja de libreta para completar las actividades. Hacer uno por día.

Lunes	Martes	Miercoles	Jueves	Viernes		
Leer un libro a tu familia. Tomar turnos en Volver a contar la historia.	Hacer un grafico de T. Hacer una lista de opuestos, como grande y pequeño. <table><tr><td>Big Yes Happy</td><td>Small No Sad</td></tr></table>	Big Yes Happy	Small No Sad	Encontrar comida en tu casa, como galletas o botellas de agua. Escribe o dibuja una historia de problema matematica. Omar tiene 6 galletas. Neveah comio tres. Cuantas galletas quedan?	Sal afuera. Dile a alguien lo que viste, escuchaste, pensaste, sentiste y oliste.	Escoje un animal. Dibujalo y marcar los partes de su cuerpo. Escribe como se mueve.
Big Yes Happy	Small No Sad					
Lunes	Martes	Miercoles	Jueves	Viernes		
Crear figuras de sombras en la pared. Cuantas figuras puedes hacer con us manos?	Usar galletas o dulces para escribir una palabra de lo que encontraste en casa. 	Sal a caminar en tu vecindad. Usa palos, hojas y piedras para hacer palabras. 	Acomodar tu ropa o juguetes en orden del arcoiris. Acomodar tu ropa o juguetes en orden del mas grande al mas pequeño.	Usa la comida que tienes en casa para crear un menu con precios. Ejemplo: Leche = \$2.00 Platanos = \$3.00 Nieve = \$1.00		

1.OA.3, 1.OA.4, 1.OA.6, 1.OA.8

Complete the fact families.

2, 7, 9

2 + ___ = ___

___ + ___ = ___

9 - ___ = ___

___ - ___ = 2

4, 8, 12

$4 + 8 = 12$

$8 + 4 = 12$

$12 - 4 = 8$

$12 - 8 = 4$

4, 5, 9

+ 5 =

+ =

9 + =

=

6, 7, 13

$\quad + \quad =$
 $\quad + \quad =$
 $\quad =$
 $\quad =$

Two girls rode their bikes a total of 18 miles. If each girl rode the same amount of miles, how many did each girl ride?


$$\frac{1}{2} + \frac{1}{2} = 1$$

Three boys found 12 shells. If they each found the same amount, how many shells did each boy find?



Abe has to eat 13 hot dogs. He has eaten 9 already. How many more does he have to eat?

or

$$+ \quad =$$

Thursday: Solve. Draw sticks for tens 'rods,' and squares for ones 'units.' Complete the T-chart.

37= tens and ones

tens	ones

69 = 6 tens and 9 ones

tens	ones

41 = 4 tens and 1 ones

tens	ones

Name _____

iSpy Review

Directions: Search for the review cards posted around the room. When you find a card, look for the letter at the bottom. Record the problem and the answer in the corresponding box.

A.	B.	C.	D.
E.	F.	G.	H.
I.	J.	K.	L.
M.	N.	O.	P.

41 ○ 14

A.

62 ○ 22

B.

17 ○ 77

C.

91 ○ 61

D.

-10

29

+10

E.

-10

41

+10

F.

-10

17

+10

G.

-10

65

+10

H.

-1

33

+1

I.

-1

22

+1

J.

-1

80

+1

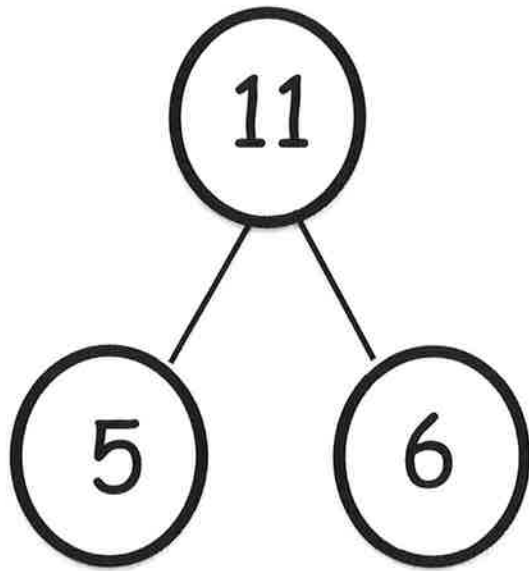
K.

-1

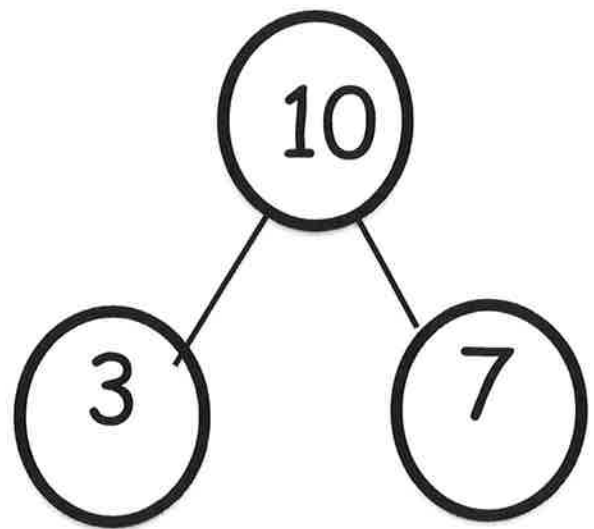
54

+1

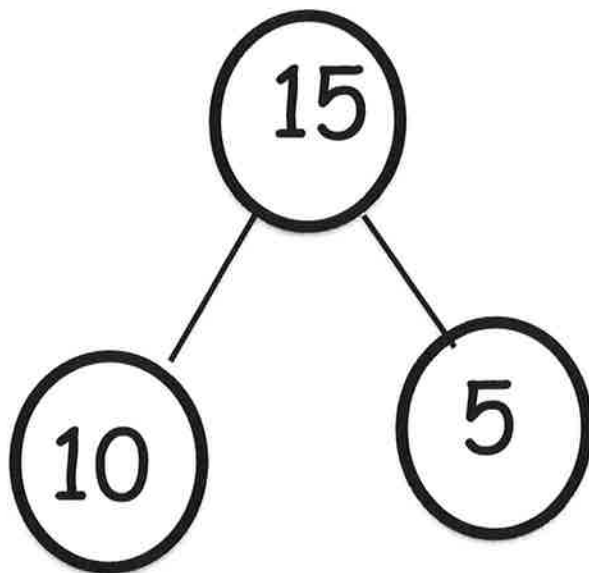
L.



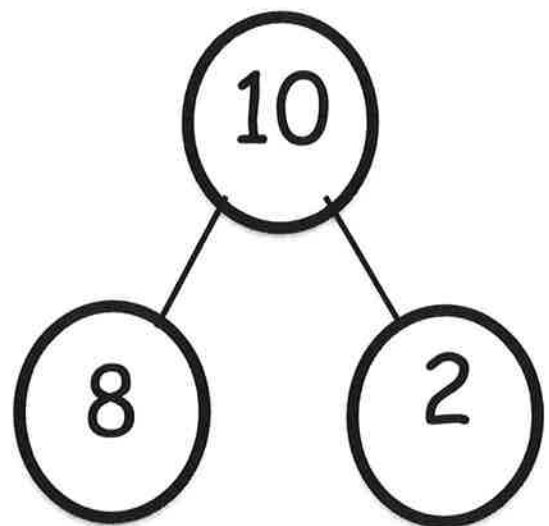
M.



N.



O.



P.

Name _____

Skill: Missing addends

What's Missing?



Write the missing number.

A. $5 + \square = 11$ $3 + \square = 12$ $7 + \square = 15$ $7 + \square = 14$

B. $6 + \square = 8$ $9 + \square = 14$ $8 + \square = 15$ $3 + \square = 7$

C. $4 + \square = 12$ $6 + \square = 13$ $7 + \square = 9$ $9 + \square = 15$

D. $0 + \square = 9$ $9 + \square = 10$ $6 + \square = 10$ $5 + \square = 12$

E. $5 + \square = 9$ $4 + \square = 13$ $5 + \square = 6$ $4 + \square = 11$

F. $9 + \square = 18$ $5 + \square = 10$ $9 + \square = 13$ $3 + \square = 11$

G. $5 + \square = 13$ $7 + \square = 11$ $2 + \square = 9$ $8 + \square = 16$

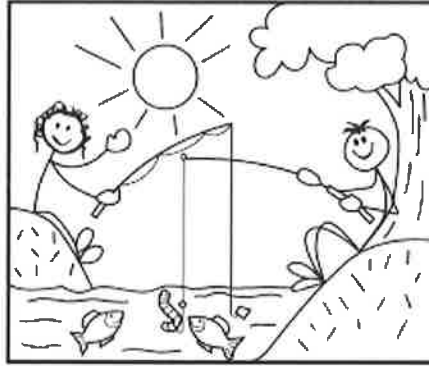
H. $9 + \square = 9$ $4 + \square = 9$ $6 + \square = 11$ $8 + \square = 12$

I. $2 + \square = 11$ $3 + \square = 6$ $8 + \square = 17$ $7 + \square = 13$

J. $6 + \square = 14$ $9 + \square = 16$ $9 + \square = 12$ $5 + \square = 14$

10s Go Fish

You will need a deck of cards for this game



Directions:

1. The objective of the game is to collect the most pairs of ten as possible.
2. Players play "10s Go Fish" just like *regular* Go Fish, except players are trying to make a 10 (0+10, 1+9, 2+8, 3+7, 4+6, 5+5).
3. Players take turns asking their opponent for a number that will complete their number sentence to make a ten.
4. If the opponent does not have the number card that they were asked for, they respond, "Go Fish," and the other player must draw a new card from the deck. Then, it's the next person's turn.
5. Players can lay down their pairs of ten at any time during the game.

Extension:

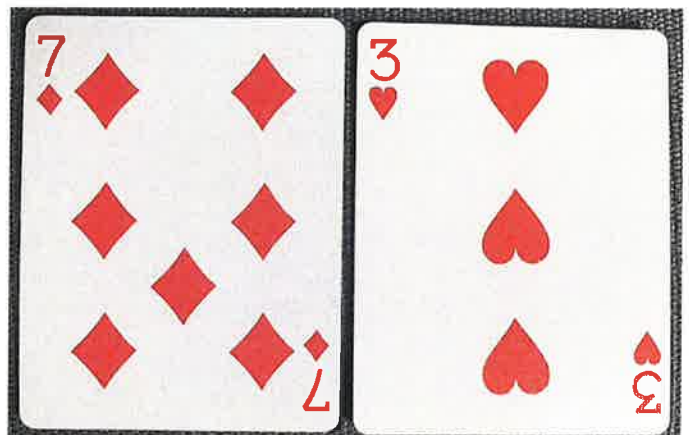
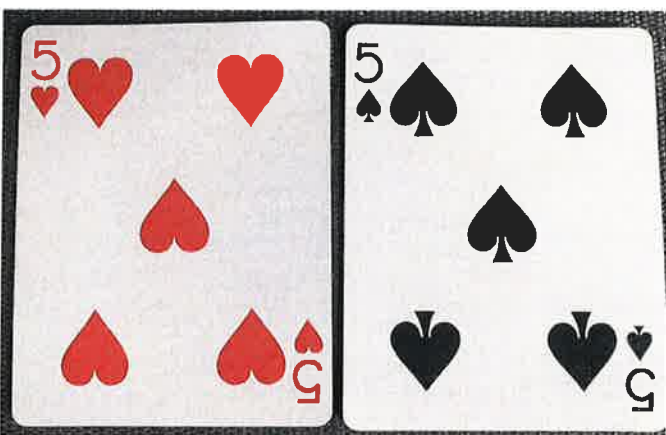
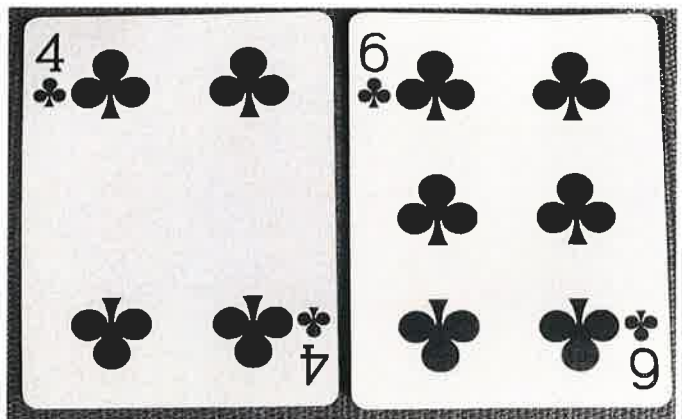
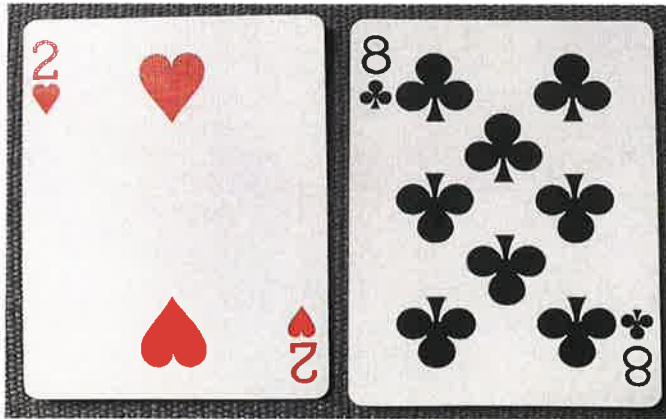
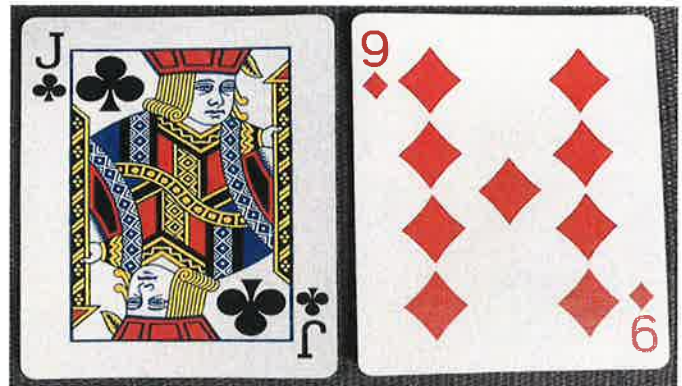
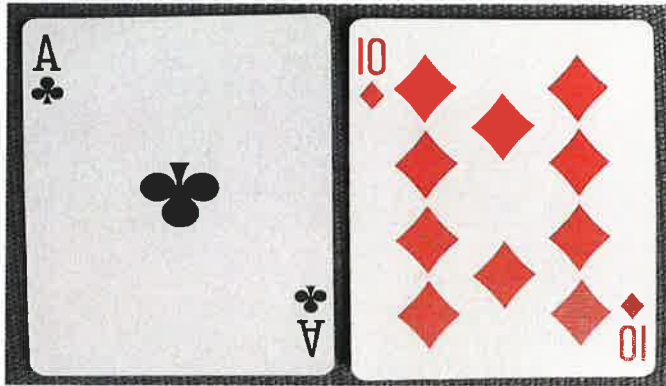
Try making a ten using three cards (1+2+7, 2+3+5, etc)

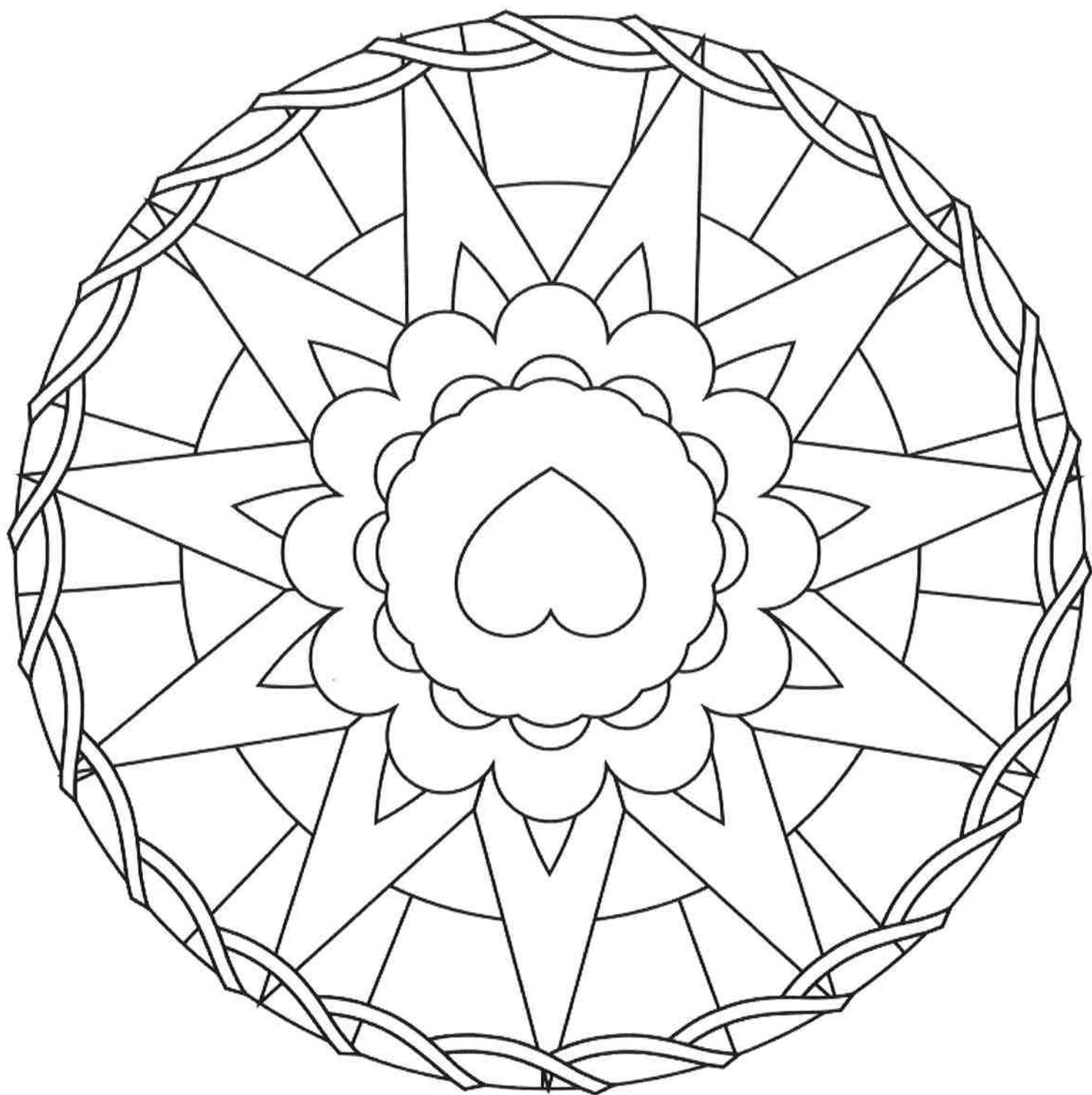
Card Values:

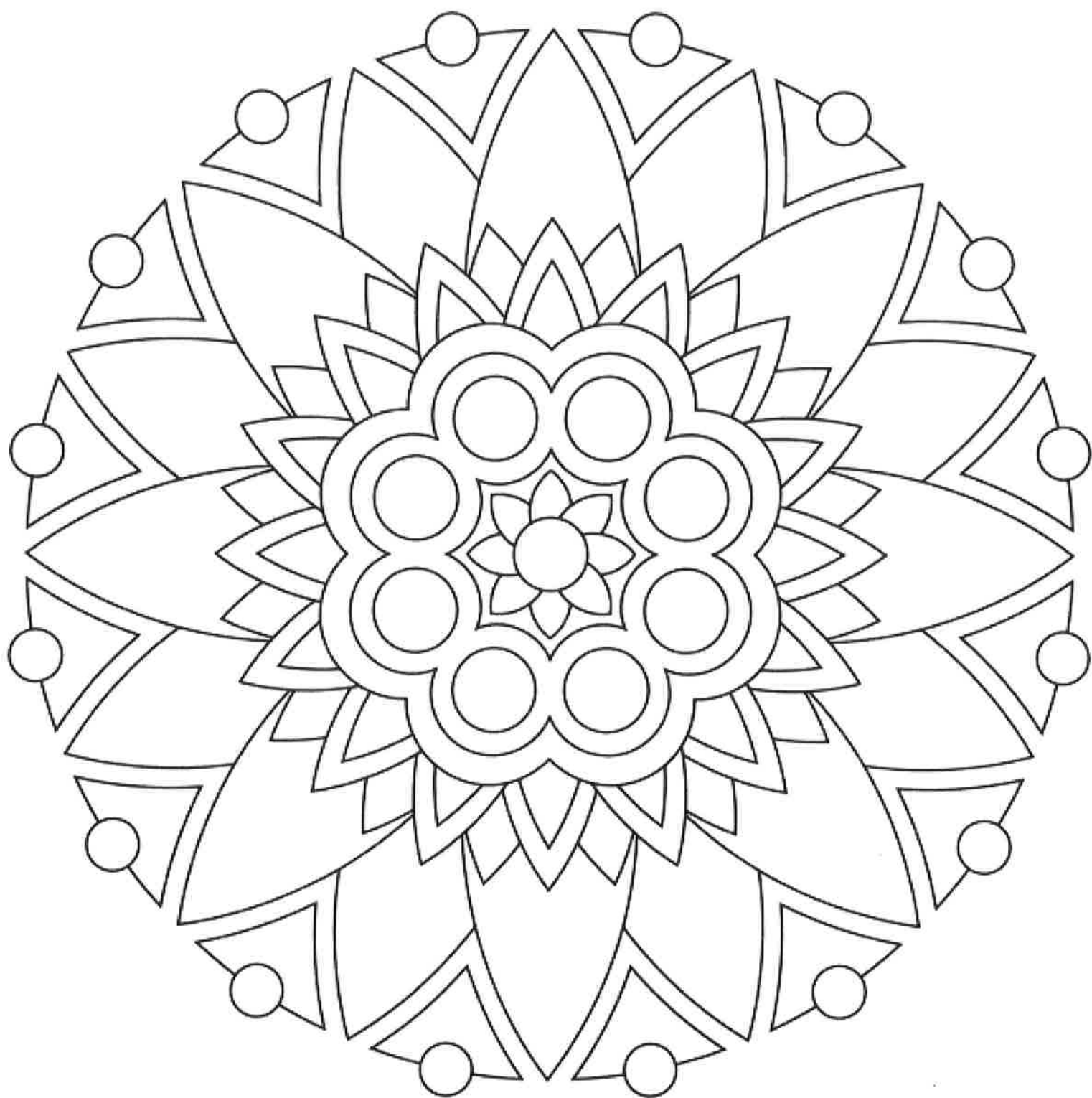
Ace= 0	5	9
Jack = 1	6	10
2	7	
3	8	
4		

****Remove Queens and Kings from the deck of cards**

Help:







BLACK WIDOW

WARM-UP

Complete three rounds of each exercise!

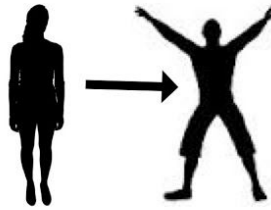
@MRS AJKO



BLACK WIDOW WARM-UP



JOG IN PLACE: 45
SECONDS



15 JUMPING JACKS



SIDE PLANK: 30
SECONDS BOTH
SIDES



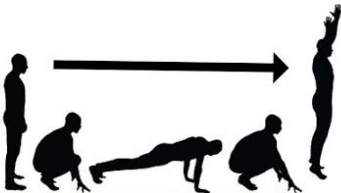
10 SQUAT JUMPS



SELF DEFENSE KICK:
10 TIMES EACH LEG



JOG IN PLACE: 45
SECONDS



10 BURPEES

HAMMER OUT
THIS WARM-UP
2 MORE
TIMES



FLASH

WARM-UP

Complete three rounds of each exercise!

@MRS AJKO



FLASH WARM-UP



JOG IN PLACE:
15 SECONDS



SPRINT IN PLACE:
15 SECONDS



JOG IN PLACE:
15 SECONDS



PUSH UP POSITION:
30 SECONDS



SPRINT IN PLACE:
15 SECONDS



JOG IN PLACE:
30 SECONDS



SPRINT IN PLACE:
15 SECONDS

WOAH!
THAT WAS FAST!
CAN YOU DO IT
AGAIN?



IRON MAN

WARM-UP

Complete three rounds of each exercise!

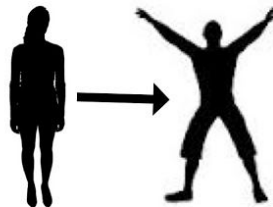
@MRC5AJKO



IRON MAN WARM-UP



JOG IN PLACE: 30
SECONDS



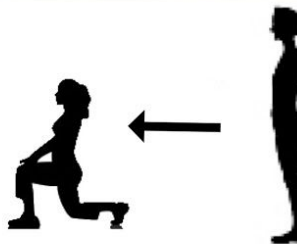
30 JUMPING JACKS



10 PLANKS WITH
ROTATION



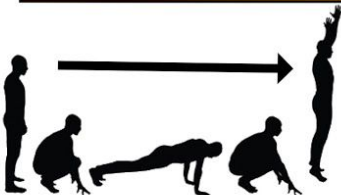
5 SQUAT JUMPS



5 LUNGES EACH LEG



10 LEG LIFT
CRUNCHES



5 BURPEES

REPEAT THIS WARM UP
2 MORE TIMES.
THEN...YOU...ARE...
IRON MAN!

