
















# Ballston Spa PE 6 Min. Daily Challenge

Instructions: Pick four exercises to perform for 90 seconds each with a 30 second break in between.

<p>Plank</p> 	<p>Arm Circles</p> 	<p>Mountain Climber</p> 	<p>Jumping Jacks</p> 
<p>Wall Sit</p> 	<p>Superman Stretch</p> 	<p>Butterfly</p> 	<p>Ski Jumpers</p> 
<p>Lunges</p> 	<p>Spaghetti/Meatball</p> 	<p>Burpees</p> 	<p>Sit-ups</p> 
<p>Chair Dips</p> 	<p>Push-ups</p> 	<p>Squats</p> 	<p>Stay positive, work hard, and make it happen! We miss you all! -Your PE Teachers</p>

## At Home Healthy Tips:

- Keep washing those hands
- Fresh air and sunshine does a body good
- Hydrate and fuel your body with healthy foods

