

Live Oak Middle School PE Activities:

Do 7 different exercises every other day (from the list below) for 20 seconds each with out stopping.

Click on the link and follow along the workout video.

List of Exercises

Jump in Jacks	Shoulder Taps
Side Hops	Jump Rope
Ankle Taps	Arm Swings
Zombie Kicks	Russian Twist
Lunges	Squat Jumps
Bicycle	Plank
Elbow to Knee	Mountain Climber
Mountain Climber	Push Ups
Sit Ups	

[Feeling Fit with Coach Foy Video #1](#)

[Feeling Fit with Coach Foy Video #2](#)

Watch his YouTube page for more videos!