

6th, 7th, and 8th Grade Grade Pacing

Week 1	Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
Mr. Nowak's-- quarantine boot camp	Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17 squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit
Week 2	Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3
Quarantine Bootcamp---	Eat right and fill out the nutrition tracker, Boot Camp Workout: 12 Push ups 33 crunches 30 second Plank 20 squats 40 Jumping Jacks 30 Bicycle Crunches 20 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 12 Push ups 33 crunches 30 second Plank 20 squats 40 Jumping Jacks 30 Bicycle Crunches 20 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 15 Push ups 40 crunches 35 second Plank 24 squats 50 Jumping Jacks 35 Bicycle Crunches 25 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 15 Push ups 40 crunches 35 second Plank 24 squats 50 Jumping Jacks 35 Bicycle Crunches 25 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 18 Push ups 50 crunches 40 second Plank 30 squats 75 Jumping Jacks 40 Bicycle Crunches 30 second Wall sit
Week 3	Monday 4/6	Tuesday 4/7	Wednesday 4/8	Thursday 4/9	Friday 4/10
Bootcamp Quarantine----	Eat right and fill out the nutrition tracker, Boot Camp Workout: 18 Push ups 50 crunches 40 second Plank 30 squats 75 Jumping Jacks 40 Bicycle Crunches 30 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 20 Push ups 57 crunches 50 second Plank 40 squats 90 Jumping Jacks 46 Bicycle Crunches 35 second Wall sit	Eat right and fill out the nutrition tracker, Boot Camp Workout: 20 Push ups 57 crunches 50 second Plank 40 squats 90 Jumping Jacks 46 Bicycle Crunches 35 second Wall sit	SPRING BREAK	SPRING BREAK

