

**SPORTS for Exceptional Athletes**  
**Exercise Chart at Home**  
**During the Coronavirus Pandemic**

Name \_\_\_\_\_ Time Period \_\_\_\_\_

Place number of minutes that you do each type of activity each day of the week



List Type of Activity /Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Example – Stretching/Warm-ups	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
Example – Walking	20 minutes	-	20 minutes	-	20 minutes	-	20 minutes
Total number of minutes each day							

**Types of Activities**  
**Recommend at least 30 minutes a day for at least 5 days of the week**

**If going out in public, remember to:**

- wear a facemask
- maintain social distancing 6'

- Stretches & Warm-ups
- Lunges
  - Butterfly stretches
  - Triceps stretch
  - Yoga
  - Sit ups
  - Push ups
  - Jumping Jacks

- Exercises
- Walking on sidewalk with facemask
  - Walking in place
  - Running on sidewalk with facemask
  - Running in place
  - Cycling on streets/sidewalk with facemask
  - Weightlifting

- Sports in the Yard or Driveway
- Bouncing a ball
  - Basketball with family
  - Dribbling a ball
  - Soccer with family
  - Bocce with family
  - Badminton with family
  - Volleyball with family
  - Football with family
  - Catch
  - Baseball with family
  - Table Tennis