

PURPLE RAIN

MONDAY, APRIL 13th

Warm Up 5 minute jog

Dynamic Stretching

Activity Circuit Training (repeat 3x - 4x):

12/leg walking lunge

10 pushups

30 second flutter kicks

10 burpees

2 minute fast jog

12 squats

40 second plank

20 second mountain climbers

Cool Down 5 minute jog & stretch

*Fitness
Conditioning
Movement*

