

PURPLE RAIN

WEDNESDAY, APRIL 15th

Warm Up Dynamic warm up and stretch

Activity Circuit Workout:

Repeat each line 2x before moving onto the next.

2x: 40 second plank, 10 push ups, 10 squats.

2x: 10x each leg walking lunge, 30 jumping jacks

2x: 20x each leg high knees in place, 10 inch worms

2x: 10 push ups, 15 full sit ups, 10 squats

2x: 40 second plank, 1 minute rest

Cool Down dynamic stretch.

Fitness
Conditioning
Movement

