

PURPLE RAIN

WEDNESDAY, APRIL 22nd

Warm Up 5 - 10 minute jog. Dynamic warm up and stretch*

Activity Circuit Workout:

30 jumping jacks

10x/leg reverse lunge

10 push ups

10 squat jumps

10 inch worms

30 second wall sit

30 second plank

25 full sit ups

10 plank opposite shoulder taps

Repeat each color 2x before moving to the next.
Repeat entire work out 2x through.

Cool Down 5 - 10 min jog and dynamic stretch.

Fitness
Conditioning
Movement

