

PURPLE RAIN

WEDNESDAY, APRIL 29th

* Warm Up* 5 minute & dynamic Stretching*

Activity Circuit Workout 2-4x through
depending on age and fitness level:

10/leg walking lunge

10 push ups

30 jumping jacks

10 burpees

30 full sit ups

10 inch worms

15 squats

45 second plank

* Cool Down*: 5 minute jog and stretch

*Fitness
Conditioning
Movement*

