

# PURPLE RAIN

**TUESDAY, APRIL 7th**

*\*Warm Up\** 5-10 minute jog

Dynamic warm up and stretch

*\*Activity\** Circuit Workout:

30 jumping jacks

10 pushups

10 reverse lunges per leg

20 full sit ups

20 mountain climbers

10 squats

10 burpees

30 second plank

REPEAT CIRCUIT \* Younger ages 2x, older ages 3x

*\*Cool Down\** 5 minute light jog and stretch

*Fitness  
Conditioning  
Movement*

