

PURPLE RAIN

THURSDAY, APRIL 9th

Warm Up 5 minute jog

Dynamic Stretching

Activity Jingle Jangles:

Place cones 10 yards apart. Sprint to the far cone and back 10x consecutively. That is ONE. Aim for 70 seconds or less. One minute break in between each one. Aim for 10 sets. Can take a longer break after 5 if needed.

The KEY: Try to make sharp cuts at the cone. Plant and push off. This will eliminate wasted steps and energy.

30 second plank, 30 sec rest, repeat 3x

10 push ups, 25 sit ups, repeat 3x

Cool Down 5 minute jog & stretch

Fitness
Conditioning
Movement

