

# PURPLE RAIN

WEDNESDAY, MAY 13th

\* Warm Up\* 5 minute jog

\* Dynamic Stretching\*

\* Activity\* 30 second workout circuit:

Do every activity for 30 seconds, then move on to the next.

1. Jumping Jacks
2. Wall sit
3. Push ups
4. Step ups (can use a chair)
5. Crunches
6. Squats
7. Tricep dips (can use a chair)
8. Plank
9. Jumping Jacks
10. Walking lunge
11. Side plank (switch at 15 seconds)
12. Burpees
13. Take a 5 minute break and repeat

\*Repeat circuit 3x.

\*5 min cool down jog and stretch\*

Fitness  
Conditioning  
Movement

