

# PURPLE RAIN

WEDNESDAY, MAY 20th

\*Warm Up\* Dynamic warm up and stretch

\*Activity\* Skills and Agility:

Utilize the skills videos. Push yourself to see how quickly you can complete a task or activity.

\*Do skills for 5 minutes

-45 second plank

-10 push ups, 30 crunches

-30 side to side jumps over the ball

-30 forwards to backward jumps over the ball

-1 minute toe touches on ball,

-30 second tick-tocks with ball (in between feet)

-30 seconds of 10 yard side to side shuffle and back

\* Repeat back at the top with skills 3x through

Fitness  
Conditioning  
Movement

