

PURPLE RAIN

MONDAY, MAY 5th

* Warm Up* 5 minute & dynamic Stretching*

Activity Walk, Jog, Sprint:

Grab a course in your neighborhood!

WALK 2 minutes, JOG 4 minutes, SPRINT 20 seconds.

REPEAT for 20-45 minutes depending on age group and fitness level.

(optional): 10 pushups, 30 crunches, 30 second plank. Repeat 3x.

*Fitness
Conditioning
Movement*

