



# MPower Youth Sports At Home Workout Challenge

## Workout #14

Complete the following circuit **only once**.

Exercises	Round 1
<b>Stair Climbs</b> Repetitions: 4	
<b>Squats</b> Repetitions: 20	
<b>Walk/Run Around House</b> Repetitions: 4	
<b>Push Ups</b> Repetitions: 5	
<b>Jumping Jacks</b> Repetitions: 20	
<b>Mountain Climbers</b> Repetitions: 20	
<b>Stair Climbs</b> Repetitions: 4	
<b>Walk/Run Around House</b> Repetitions: 4	

\* Visit [www.MPowerYouthSports.com/power-exercises](http://www.MPowerYouthSports.com/power-exercises) to see demonstration videos of each exercise