



MPower Youth Sports At Home Workout Challenge

Workout #2

Repeat the following circuit **4 times**. Check the box when you're done.

Exercises	Round 1	Round 2	Round 3	Round 4
Stair Climbs Repetitions: 2				
Squats Repetitions: 10				
Plank Time: 20 seconds				
Superman Time: 20 seconds				