



# MPower Youth Sports At Home Workout Challenge

## Workout #5

Repeat the following circuit **3 times**. Check the box when you're done.

Exercises	Round 1	Round 2	Round 3
<b>Bridges</b> Repetitions: 20			
<b>Bicycles</b> Repetitions: 20			
<b>Lateral Step Downs</b> Repetitions: 10 per leg			
<b>Bird Dip</b> Repetitions: 10 per leg			