



# MPower Youth Sports At Home Workout Challenge

## Workout #13

**FIRST:** Stand on one leg for as long as you can. Switch legs and repeat.

**Next:** Repeat the following circuit **3 times** without standing up.

Exercises	Round 1	Round 2	Round 3
<b>Plank</b> Time: 20 seconds			
<b>Push Ups</b> Repetitions: 5			
<b>Bicycles</b> Repetitions: 20			
<b>Bridges</b> Repetitions: 20			