



# MPower Youth Sports At Home Workout Challenge

## Workout #3

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

| Exercises  | Round 1 | Round 2 | Round 3 | Round 4 |
|--|---------|---------|---------|---------|
| <b>High Knees</b><br>Time: <b>30 seconds</b>                   |         |         |         |         |
| <b>Quad Arm Leg Reaches</b><br>Repetitions: <b>10 per side</b> |         |         |         |         |
| <b>Split Squats</b><br>Repetitions: <b>5 per side</b>          |         |         |         |         |
| <b>Leg Raises</b><br>Repetitions: <b>10 each leg</b>           |         |         |         |         |