



MPower Youth Sports At Home Workout Challenge

Workout #15

Complete the following circuit **only once**.

NOTE: You will need a heavy book for this, like a text book or dictionary.

Exercises	Round 1
Stand on one foot <i>Holding book overhead.</i> Time: 30 seconds per leg	
Quad Arm Leg Reaches <i>Balancing book on back.</i> Repetitions: 20	
Squats <i>Holding book overhead.</i> Repetitions: 20	
Bird Dips <i>Holding book in hands.</i> Repetitions: 10 per leg	