



MPower Youth Sports At Home Workout Challenge

Workout #8

Do **3 rounds** of the following exercises.

Note: Round 3 exercises are different. Times and repetitions vary.

Exercises	Round 1	Round 2
Stair Climbs	4 times	3 times
Bicycles	30 seconds	20 seconds
Side Planks	30 seconds each side	20 seconds each side

Exercises	Round 3
Stair Climbs	2 times
Front Plank	20 seconds
Leg Raises	10 repetitions per side
Mountain Climbers	30 seconds

* Visit www.MPowerYouthSports.com/power-exercises to see demonstration videos of each exercise