



# MPower Youth Sports At Home Workout Challenge

## Workout #6

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

Exercises	Round 1	Round 2	Round 3
<b>Plank</b> Time: <b>20 seconds</b>			
<b>Push Ups</b> Repetitions: <b>5</b>			
<b>Quad Arm Leg Reaches</b> Repetitions: <b>20</b>			
<b>Supermans</b> Repetitions: <b>10</b>			
<b>Squats</b> Repetitions: <b>10</b>			