



MPower Youth Sports At Home Workout Challenge

Workout #20

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

Exercises	Round 1	Round 2	Round 3
Stair Push Ups <i>Get in pushup position with hands on 1st step. Staying in position, move hands up and down from first step to floor.</i> Repetitions: 10			
Stair Climbs Repetitions: 3			
Lateral Step Downs Repetitions: 10 per leg			
Bicycles Repetitions: 20			
Bridges Repetitions: 20			