



MPower Youth Sports At Home Workout Challenge

Workout #1

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

Exercises	Round 1	Round 2	Round 3	Round 4
Jumping Jacks Time: 30 seconds				
Push Ups Repetitions: 5				
Bridges Repetitions: 10				
Side Planks Time: 30 seconds per side				