



# MPower Youth Sports At Home Workout Challenge

## Workout #17

Complete the following circuit **3 times**.

**NOTE:** You will need a backpack filled with 10-15 pounds of books.

Exercises	Round 1	Round 2	Round 3
<b>Stair Climbs</b> <i>Backpack on back.</i>  Repetitions: <b>2</b>			
<b>Split Squats</b> <i>Backpack on back.</i>  Repetitions: <b>10 per leg</b>			
<b>Bridges</b> <i>Backpack on hips.</i>  Repetitions: <b>20</b>			
<b>Bicycles</b> <i>Holding backpack overhead.</i>  Repetitions: <b>20</b>			
<b>Plank</b> <i>Backpack on back.</i>  Time: <b>20 seconds</b>			