



MPower Youth Sports At Home Workout Challenge

Workout #19

Complete the following circuit **2 times**.

NOTE: You will need a partner and a small ball for this workout.

Exercises	Round 1	Round 2
Wall Sit Ball Toss <i>On opposite walls: toss ball between partners. Start over if you drop the ball.</i> Repetitions: 20 catches		
Push Up Ball Rolls <i>Roll ball to partner after each push up.</i> Repetitions: 5		
Single Leg Balance <i>Standing on one leg: toss ball between partners. Start over if you drop the ball.</i> Repetitions: 10 catches per leg		
Plank Ball Rolls <i>Plank facing each other: roll ball between partners.</i> Repetitions: 20 ball rolls back & forth		
Squat Ball Toss <i>Toss ball between partners. Squat as you catch, throw as you come back up.</i> Repetitions: 20 squats		