



MPower Youth Sports At Home Workout Challenge

Workout #16

Repeat the following circuit **2 times**. Check the box when you're done.

Exercises	Round 1	Round 2
Lateral Hops Time: 30 seconds		
Push Ups Repetitions: 5		
Jumping Jacks Time: 30 seconds		
Stair Climbs Repetitions: 3		
Wall Sit <i>Tossing a small ball between your hands. Start over if you drop the ball.</i> Repetitions: 20 ball tosses		