



MPower Youth Sports At Home Workout Challenge

Workout #11

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

Exercises	Round 1	Round 2	Round 3	Round 4
Squats Repetitions: 10				
Mountain Climbers Repetitions: 20				
Bird Dips Repetitions: 10 each leg				
Push Ups Repetitions: 5				
Run in Place Time: 30 seconds				