



MPower Youth Sports At Home Workout Challenge

Workout #12

Repeat the following circuit **3 times**. Check the box when you're done.

Exercises	Round 1	Round 2	Round 3
Lateral Step Downs Repetitions: 10 per leg			
Jumping Jacks Repetitions: 20			
Bridges Repetitions: 20			
Step Ups Repetitions: 10 per leg			
Lateral Hops Repetitions: 20			