



MPower Youth Sports At Home Workout Challenge

Workout #7

Do **3 rounds** of the following exercises.
Note: times and repetitions will vary in each round.

Exercises	Round 1	Round 2	Round 3
Mountain Climbers	45 seconds	30 seconds	20 seconds
Wall Sit	45 seconds	30 seconds	20 seconds
Split Squats	15 per leg	10 per leg	5 per leg

When you have completed all 3 rounds, **do 10 Push Ups!**