



MPower Youth Sports At Home Workout Challenge

Workout #10

Repeat the following circuit **only once**. Check the box when you're done.

Exercises	Round 1
Butt Kicks Time: 30 seconds	
Plank Time: 30 seconds	
Leg Raises Repetitions: 20 per leg	
Lateral Hops Time: 30 seconds	
Bicycles Time: 30 seconds	
Wall Sit Time: As LONG as you can!	