



MPower Youth Sports At Home Workout Challenge

Workout #18

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

Exercises	Round 1	Round 2	Round 3
Run Around House	4 times	3 times	2 times
Wall Sit	45 seconds	30 seconds	20 seconds
Plank	45 seconds	30 seconds	20 seconds
Squats	30 repetitions	20 repetitions	10 repetitions
Mountain Climbers	45 seconds	30 seconds	20 seconds