



# MPower Youth Sports At Home Workout Challenge

## Workout #9

Repeat the following circuit **2 times**. Check the box when you're done.

Exercises	Round 1	Round 2
<b>Jumping Jacks</b> Repetitions: 30		
<b>Bird Dip</b> Repetitions: 10 per leg		
<b>Step Ups</b> Repetitions: 20 per leg		
<b>Push Ups</b> Repetitions: 5		
<b>Bridges</b> Repetitions: 20		