



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Full Body Fit—3

-WARM UP 4-5:00-

SET 1 :30 ea

Round 1

8 High Knees/4 Star Jumps

Mountain Climbers

Round 2

8 High Knees/4 Star Jumps

Side Leap/Jump Block (or Tuck Jump)

Wide Mountain Climbers

SET 2 :60 ea

Round 1

Side Leap/Jump Block (or Tuck Jump)

REPEAT ROUND 1 ONLY

Round 2

Front Kick/Wide Squat—x10

Jack Push-ups—x10

Forward Jump/Run Back—until time is up

**SET 3 :20s ea/:10
recovery**

**Round
1**

Lunge Jump—x10

Burpee Sprint—x10

Snowboard Jumps—until time is up

**Round
1**

REPEAT BOTH ROUNDS

Side lunge/tap floor/jump to center