



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Full Body Fit—1

SET 1

:30 x 3

Plank jacks
Triple-pulse squat
Mountain Climbers
3 Jumping jacks/1 tuck jump

:30 x 4

Push ups/squats

SET 2

:30 x 3

Squat jumps
Lunges w/pulse
High Knees
Long jump to a 180

:30 x 4

Overhead Tricep Extension/Lunges

SET 3

:30 x 3

Soccer kicks
Side to Side Squats
Speed skaters
2 Burpees/8 Lunge Jumps

:30 x 4

1 arm bent over row/side raises

Cool down & stretch