



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FULL BODY FIT—2

## Warm-Up

### Fast Feet/Speed Skaters/Run in Place

#### SET 1

:30 x 4

Squats  
Squat Jumps  
Lunges w/Bicep Curl  
Lunge Jumps

:30 x 2  
:10 rest

Squat to lunge

#### SET 2

:30 x 4

Curtsey lunge w/row  
Speed Skaters  
Single-leg Deadlift  
Mountain Climbers

:30 x 2

Curtsey Lunge to Side Lunge

#### SET 3

:30 x 4

Push Presses  
Jumping Jacks  
Push Ups  
Burpees

:30 x 2

Sprinter Start Planks

## Cool Down & Stretch