

























At Home Workouts for:

Boys Rec 2

AGES: 6-and up



MAY 27th-MAY 31st

5/27	5/28	5/29	5/30	5/31
HANDSTAND HOLD (10 SECS) 	STRAIGHT JUMP, JUMP FULL TURN, FORWARD ROLL 	JUMP 1/2 TURN STICK 	FROG JUMPS (10) 	PUSH-UP HOLD FEET ELEVATED (20 SECS) 
HOLLOW ROCKS (10) 	LEG LIFTS (10) 	CARTWHEEL, STEP TOGETHER 	LUNGE, HANDSTAND, LUNGE 	STAR JUMPS (10) 
PUSH-UPS (5) 	CANDLESTICK JUMPS (10) 	BURPEES (10) 	BEAR WALKS FEET ELEVATED 	WALL SIT (25 SECS) 
10 STRAIGHT JUMPS TO SAFETY STOP 	HIGH KNEES IN PLACE (1 MIN) 	JUMPS 1 FOOT OVER ANIMALS (10) 	BACKWARD ROLL 	STEP, SKIP LUNGE CARTWHEEL 
HEADSTAND (10SECS) 	LUNGE, HANDSTAND, LUNGE 	PIKE STRETCH (15 SECS) 	BRIDGE (10 SECS) 	10 TUCK JUMPS TO SAFETY STOP 