

























# At Home Workouts for: **Boys Rec 1/2**

MAY 27<sup>th</sup> - MAY 31<sup>st</sup>

AGES: 6-and UP



5/27	5/28	5/29	5/30	5/31
WALL SIT (15 SECS) 	TRIPOD (ELBOWS TO KNEE HOLD 10 SECS) 	5 TUCK JUMPS TO SAFETY STOP 	STRAIGHT JUMP, JUMP FULL TURN 	LUNGE, HANDSTAND, LUNGE 
PIKE STRETCH (10SECS) 	BACKWARD ROLL 	PUSH-UPS (5) 	BACKWARD ROLL 	PLANK HOLD (15 SECS) 
HEADSTAND (5 SECS) 	FROG JUMPS (10) 	FORWARD ROLL TO STAND 	SIT-UPS (5) 	STEP, SKIP LAND 2 FEET 
SIT-UPS (7) 	BEAR WALKS FEET ELEVATED 	BURPEES (7) 	ROCK AND ROLLS (10) 	JUMP 1/2 TURN, FORWARD ROLL 
STEP, SKIP LUNGE 	LUNGE, HANDSTAND, LUNGE 	LUNGE, CARTWHEEL, LUNGE 	5 STRAIGHT JUMPS TO SAFETY STOP 	BUTT KICKS IN PLACE (30 SECS) 