

Stage 1 & Stage 2 (U7-U12)

Workout #5

- 20 mountain climbers/ 1 minute wall sit x 2 sets
- 1 minute single leg hop over jump rope/20 calf raises on edge of a step x 2 sets
- 1 minute plank on forearms/ 30 second stationary lunge hold with back knee 1 inch from the ground x 2 sets
- 30 burpees x 2 sets
- 5 minutes of Yoga to include the following poses (30-35 seconds per pose); Tree pose with right and left leg, Warrior 1, 2, 3, Chair pose, Downward dog pose, Child's pose and bow pose.

