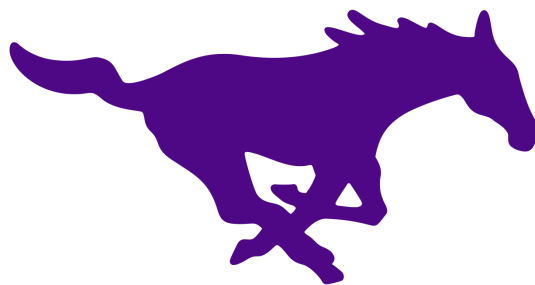


AT-HOME WORKOUT



<u>Body Weight Circuit</u>	<u>REPS</u>
1. Push-ups	10 reps
2. Jumping Jacks	25 reps
4. Lunges	12 reps
5. Wall Sit	30 sec
6. Standing Broad Jump	5 reps

Complete the Body Weight Circuit 3 Times.

<u>Core Strength</u>	<u>REPS</u>
1. Crunches	30
2. Right Side Plank	30 sec
3. Left Side Plank	25
4. Heel Touches	30 touches
5. Mountain Climbers	40
6. Sit-Ups	20

Complete circuit 3 times