



The Mayo Clinic states: *"Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. When your heart and lung health improve, you have more energy to tackle daily tasks."*

Storm King Department of Athletics Home Workout

15 Squat Jumps
5 Push Ups
10 Sit Ups
25 High Knees
10 Lunges
7 Squats
5 Push Ups
10 Sit Ups

10 Lunges
5 Push Ups
10 Sit Ups
7 Squats
15 Squat Jumps
5 Push Ups
10 Sit Ups
25 High Knees

REPEAT 3 TIMES

Instructional videos for these exercises are available on Blackbaud,
"2019-2020 Students" group.

This workout should take approximately 30 minutes. If you are new to working out and can't complete three circuits, do the best that you can and work up to it. Varsity athletes should double the reps for each exercise in order to maintain their highest fitness level.

GO COUGARS!