



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Daily Workout Helping You Hit Your Goals



Day of Week: Monday

Focus: Cardio

Equipment: Hill

Cycle through each of the exercises below, taking a 2:00 rest break in between for beginners and 1:30 break for Intermediate. Complete 3 Rounds.

Beginner	Intermediate
5 Hill Sprints	8 Hill Sprints
4 Side Steps (Each Side) Up The Hill Alternate Direction To Balance Out The Hips	1 Side Step up the hill (Each Side), 1 Backwards Jog Up The Hill, 1 Sprint Up The Hill
25 Jumping Jacks And Jog Up The Hill	50 Jumping Jacks And Jog Up The Hill