



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

# **Daily Workout Helping You Hit Your Goals**

**Day of Week: Saturday**

**Focus: Full Body**

**Equipment: Body Weight and Optional Hand-Weights**

Complete each exercise for the time indicated. Rest 1-2 minutes between rounds.

Round 1: 60 sec each

Round 2: 45 sec each

Round 3: 30 sec each

Round 4: 15 sec each

1. Side Squat/Overhead Press (step to left and Squat / feet together Over Head Press / step to right and Squat)
2. Hand Release Push Up/Supers (start in high plank, slowly lower to ground, lift hands and feet 6 inches off ground, release and push back up)
3. Curtsy Lunge/Bicep Curls (alternating legs)
4. Sit Up Punches w/light weights as an option
5. Alternating One-Legged Deadlifts w/ weights as an option
6. Plank Row with 2 Plank Jacks (Plank Row both sides, then 2 Plank Jacks, repeat)
7. Burpees
8. Glute Bridge Hold