



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Daily Workout Helping You Hit Your Goals



**Day of Week: Tuesday**

**Focus: Legs and Core**

**Equipment: Body Weight**

**Roll into each exercise right after the other. After the circuit there is 1:45 rest for beginners and 1:15 rest for intermediate. The circuit is 4 times through.**

<b>Beginner</b>	
<b>10 Step-Ups (Use a staircase)</b>	<b>10 Hurdle Steps on Each Leg</b>
<b>10 Sumo Squats</b>	<b>30 Frog Crunches</b>
<b>10 Single Leg Toe Touch on Each Leg</b>	

<b>Intermediate</b>	
<b>15 Step-Ups (Use a staircase)</b>	<b>20 Hurdle Steps on Each Leg</b>
<b>20 Sumo Squats</b>	<b>50 Frog Crunches</b>
<b>20 Single Leg Toe Touch on Each Leg</b>	