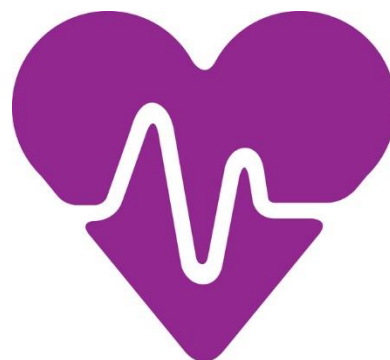




**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Daily Workout Helping You Hit Your Goals



Day of Week: Friday

Focus: Cardio

**Equipment: Jump Rope, Optional Floor Mat,
Stopwatch or Clock**

Complete the circuit twice through. Move at a pace that challenges you. Repeat the circuit twice.

3 minutes	Jump rope- option to jog in place and jump softly every 4 steps
1 minute	Forward fold
2 minutes	Mountain Climbers- focus on a strong core and smooth movements
1 minute	Clasp the fists at the low back, take the feet wide and fold while extending the arms up toward the ceiling
2 Minutes	Jumping Jacks
1 Minute	Hamstring Stretch 30 seconds each side