

'1 2 3 4 Your Kid Can Do More'

Workouts every other day -- M-F

WORKOUT 1 – 3 Rounds for time

- 2 Mailbox Runs (Swirlies)...about 200m
- 5 Leapfrogs
- 10 Push-ups
- 15 Sit-ups
- 20 sec Plank (Bridge)

WORKOUT 2 – 2 Rounds

- 8 minute run (Distance)
- 20 Side Twists
- 10 Burpees (Man Builders)
- 10 Leg Raises
- 10 elbow to knee crunches

WORKOUT 3 – 1 Round for time

- 1 Mile Run (time)
- 5 Push-ups
- 20 sec hang
- 15 Sit-ups
- 10 Leap Frogs
- 50 Jump Ropes

WORKOUT 4 – 4 Rounds for time

- 3 Mailbox Runs (Swirlies)...about 200m
- 10 Push-ups
- 20 sec hang
- 20 walking lunges (10 each leg)
- 10 – 10 yard Suicide Sprints
- 15 Sit-ups

OFF DAYs – 3 Rounds

- 10 Wall Squats Presses (facing wall with hands on the wall and squat)
- 20 sec Wall Squat Holds (back against wall and hold the squat)
- 10 Push-Ups