

Stage 1 & Stage 2 (U7-U12)

Workout #4

- 10 stationary lunges/10 stationary squats x 2 sets
- 10 burpees/ 1 minute plank on hands with straight arms x 2 sets
- 1 minute superman/1 minute calf raises x 2 sets
- 10 skater lateral hops/ 1 minute bridge lift x 2 sets

