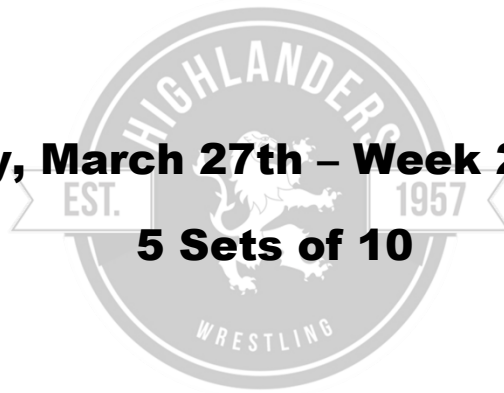


Friday, March 27th – Week 2, Day 5

5 Sets of 10



1. Ladder Drills

If you don't have a ladder you can use tape, chalk, or floor tiles (skip last drill)

Do each drill 5 sets of 10

<https://www.youtube.com/watch?v=SwidWQrNmrg>



4. Mountain Climbers

<https://www.youtube.com/watch?v=zT-9L3CEcmk>



2. Jump Rope 3x for 1 min

No rope? No problem

<https://www.youtube.com/watch?v=Mj6NezKTLmw>



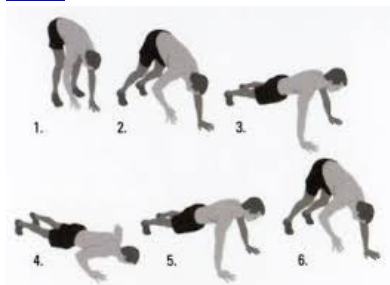
5. Superman

(hold for 45 seconds)



3. Inchworm Push Ups

https://www.youtube.com/watch?v=2OFMP_LhcB8



6. Bicycles

<https://www.youtube.com/watch?v=9FGilxCbdz8>

