

Please email [sarah.luibel@lmsvsd.net](mailto:sarah.luibel@lmsvsd.net) photos and/or videos of you and your family completing the workout! I would love to see them!

**Stretching:**

Cat/Cow x5

Downward dog and heel peddle x5

Body hang x5

**Warm up**

Jumping jacks x10

Jump squats x10

pushups x10

**Circuit 1 Abs: 1-2 times**

bicycles x20

Toe touches x20

Crunches x20

**Circuit 2 legs: 1-2 times**

squat pulses x10

Jump Lunges x10

Skaters x10

**Finisher:**

Planks. (0:30 second hold)

Plank Jacks x10