

**Friday, May 8th  
Full Body Workout**

After completing 10 minutes of jogging in place, jump-roping, jogging or biking (any cardio activity to get the heart rate up and the body ready for movement), use the video below as a guide through this full body workout. This will take about 7 minutes to complete and should be repeated at least four times.



:40 seconds On / :20 seconds Rest

- Jumping Jacks**
- Walkout**
- Super-Man**
- Push-up (Modified)**
- Frog Jump**
- Arm Circle**
- Bird Dog**

## **WFYD Virtual Bootcamp 11 and Over**

Following your workout, spend at least 5 minutes stretching. You can use the video on the following page for a guide through some basic full body stretches.

