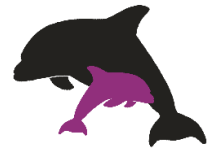


WFYD Virtual Bootcamp



11 and Over
Thursday, May 14th

3-2-1 Core

Warm-Up (20 min) 40s On/20s Off Repeat 4x	<ol style="list-style-type: none">1. Pogo Jumps2. Standing Oblique Twists3. Jumping Jacks4. Chair Pose5. Torso Twists
Main Circuit (18 min) Repeat 6x	<ol style="list-style-type: none">1. 30s Plank2. 20s Flutter Kicks3. 10s Boat Pose <p>Rest :30</p>
Cool-Down (5 min) 30s On/30s Off	<ol style="list-style-type: none">1. Downward Dog2. Upward Dog3. Cat/Cow4. Front Fold5. Child's Pose

= 43 minutes