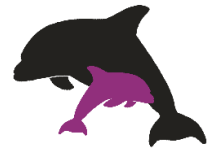


WFYD Virtual Bootcamp



10 and Under
Tuesday, May 12th

Aerobic Leg Workout

Warm-Up (15 min) 40s On/20s Off Repeat 3x	<ol style="list-style-type: none">1. Leg Swings (L)2. Leg Swings (R)3. Forward Fold4. Pogo Jumps5. Squat Pulses
Main Circuit (20 min) 45s On/15s Off Repeat 5x	<ol style="list-style-type: none">1. High Knees2. Butt-Kicks3. Pogo Jumps4. Calf Raises5. Squat Jumps
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

= 40 minutes