

WFYD Virtual Bootcamp



11 and Over
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
Aerobic (12 minutes) 30s Per Exercise/Rest 30s Repeat 3x	<ol style="list-style-type: none">1. High Knees2. Butt-Kicks3. Pogo Jumps4. Calf Raises
Main Circuit (20 min) 45s On/15s Off Repeat 5x	<ol style="list-style-type: none">1. Burpees2. Single Leg Pogo Jump (L)3. Single Leg Pogo Jump (R)4. Sumo Squats5. Runners Lunge (Alternate)
Cool-Down (6 min) 30s On/30s Off	<ol style="list-style-type: none">1. Downward Dog2. Upward Dog3. Cat/Cow4. Front Fold5. Malasana Squat6. Child's Pose

= 53 minutes