

WFYD Virtual Bootcamp



11 and Over
Monday, May 11th

Upper Body Focus

Warm-Up (15 min) 40s On/20s Off Repeat 3x	<ol style="list-style-type: none">1. Torso Twists2. Streamlines3. Elbow Taps4. Downward Dog5. Forearm Plank
Aerobic (9 minutes) 30s Per Exercise/Rest 30s Repeat 3x	<ol style="list-style-type: none">1. High Knees2. Butt-Kicks3. Squat Pulses
Main Circuit (20 min) 45s On/15s Off Repeat 5x	<ol style="list-style-type: none">1. Opposite Leg/Arm Ups2. Plank Up-Down3. Modified Push-Up4. TYIs
Cool-Down (6 min) 30s On/30s Off	<ol style="list-style-type: none">1. Downward Dog2. Cross Body Arm (L)3. Cross Body Arm (R)4. Elbow Behind Tricep (L)5. Elbow Behind Tricep (R)6. Child's Pose

= 50 minutes