**Strength**

[Video #1](https://www.youtube.com/watch?v=qoQnsbfMCeI&t=76s)- Watch the video first, then you can write down the workouts on a sheet of paper to follow. There are both the “Workout” (Easy) and then the “Advanced Workout” (Moderate) on this one video link.

[Video link](https://www.youtube.com/watch?v=rBh4_mvGlu8) #2- full body workout that has some core work built in, but is primarily strength building (HARD).

Depending on what you have done up to this point in time, follow along progressing EASY to MODERATE to HARD.

Ideally you might have found a way to do pull-ups (safely). If this is the case, please add this to your routines above. You will probably need a spotter to help you towards the end of the workout—sibling or parent will do just fine☺

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| **Action** | **Girls** | **Boys** |
| Hang (low) | 20 seconds | 30 seconds |
| Flexed Arm Hang (High) | 20 seconds | 30 seconds |
| Hang and twist- controlled motion, keep core tight. | 10x back and forth | 12x |
| Shoulder Shrugs- movement comes from scapula, not elbows | 10x  | 12x |
| Regular Pull-ups | 3 sets of 4 (reminder don’t put feet down until you complete #4) | 3 sets of 6 or more. Same as girls. |
| Chin-ups | Same as above for pull ups | Same as above. |