



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wednesday March 25, 2020

Dear Y family:

So here we are back to the middle of the week. When it is not the sunniest or warmest day it can have you feeling a bit unmotivated, overwhelmed and quite frankly not in any sort of mood to tackle your fitness routine. Sometimes a little motivation comes in the form of accountability. On a day like today when you need a little extra push lets lace up those sneakers and grab that favorite someone for a dynamic partner workout (no equipment required) because let's face it squats are more fun with friends.

"You have to start somewhere to make it anywhere"!

Stay healthy and well,

Carrie

Partner In Crime – Please see our workout video of the day.

While the video demonstrates each movement here are the exercises by name with the required reps.

- #1 Plank arm and pushups -**12 REPS**
- #2 Single arm rotation squats- **12 REPS**
- #3 Low plank hop overs- **12 REPS**
- #4 Squat & leg lifts-**12 REPS**
- #5 Chair pose & tri-cep dips- **12 REPS**
- #6 Glute bridges-**12 REPS**
- #7 Bicycle crunches- **12 REPS**
- #8 Alternating leg circles-**12 REPS**

#TEAMWORK

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