



FAMILY FIT FRIDAY

WEEK 2

SHOULDERS/BACK



- ★ Inch Worms 3 sets x 12 reps
- ★ Supermans 3 sets x 12 reps
Hold for 2 sec

AGILITY



- ★ Mountain Climbers 3 sets x 45 sec
- ★ Single Leg Hops 3 sets x 45 sec
- ★ Jump Rope 3 sets x 45 sec

MENTAL PREPARATION



- ★ Jr. Nuggets Monte Morris
Film Breakdown

ARMS



- ★ Triceps Dips 3 sets x 12 reps
- ★ Burpee + Push Ups 3 sets x 12 reps

CORE



- ★ Front Plant 3 sets x 45 sec
- ★ Bird Dog 3 sets x 10 reps
- ★ Ab Leg Raises 3 sets x 15 reps

GLUTES/QUADS



- ★ Single Leg Floor Bridge 3 sets x 10 reps
- ★ Body Weight Squat 3 sets x 15 reps
5 Squat jumps after each set

