



# FAMILY FIT FRIDAY

## WEEK 3



### MENTAL PREPARATION

- ✦ Jr. Nuggets Nikola Jokić 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



### GLUTES/QUADS



- ✦ Bodyweight Squat 3 sets x 20 reps
- ✦ Lunge 3 sets x 15 reps



### SHOULDERS



- ✦ 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