



FAMILY FIT FRIDAY

WEEK 1



MENTAL PREPARATION

- ★ Jr. Nuggets Jamal Murray Film Breakdown



ARMS

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



CORE

- ★ Front Plank 3 sets x 45 sec
- ★ Side Plank 3 sets x 45 sec
- ★ Sit-ups 3 sets x 15 reps



GLUTES/QUADS

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



SHOULDERS

- ★ Inch Worms 3 sets x 12 reps
- ★ Shoulder Taps 3 sets x 20 reps



AGILITY

- ★ Jump Rope 3 sets x 45 sec
- ★ Mountain Climbers 3 sets x 45 sec