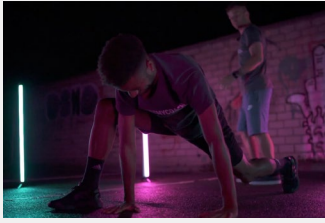


## YOUTH TRAINING FOR BALANCE, POWER AND MOBILITY



### 1. SPIDERMAN LUNGES

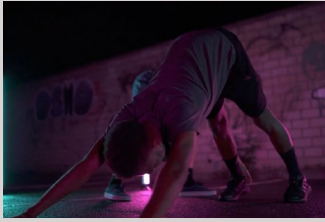
 15 SEC

#59



### 2. PUSH-UPS

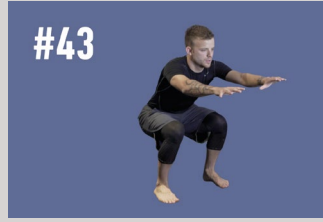
 5 REP



### 3. PUSH-UPS WITH STRETCH

 4 REP

#43



### 4. FRONT SQUAT

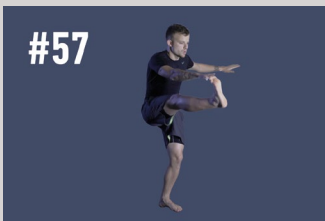
 5 REP



### 5. JUMP SQUAT

 5 REP

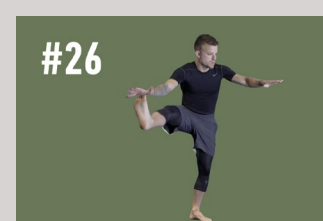
EXECUTE 2 ROUNDS OF THE FOLLOWING SET



### 6. FRONT LEG SWINGS

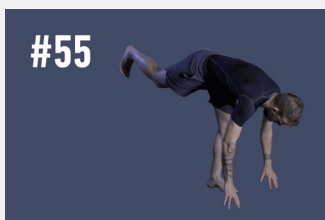
 3 REP

#26



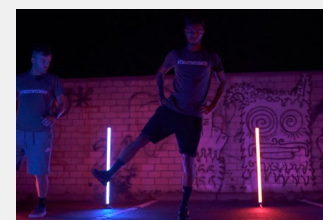
### 7. DYNAMIC LEG SWINGS

 3 REP



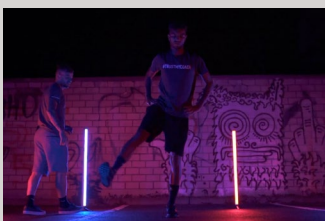
### 8. SINGLE LEG TOE TOUCHES

 3 REP



### 9. LATERAL LEG RAISES

 3 REP



### 10. CIRCULAR LEG RAISES

 6 REP

PAUSE FOR 1 MINUTE