**Team Sports Day 2 Workout**

**Warm up- Choose one of the activities for 10 minutes:**

* Walk around your house/outside
* Jump on trampoline
* Go up and down stairs
* Go outside and shoot hoops/play catch/kick a soccer ball around.

**Please complete the following stretches:**

* Seated single leg toe touch (sit down on bottom, one leg bent in, the other leg straight and reach for your toes) each leg.
* Both legs straight out
* Butterfly
* Hug your knee/twist/straight leg straight up
* Quads
* Calves

**Workout:**

Please complete **3 rounds** of the following:

10 dips- <https://www.pinterest.com/pin/361343570104095359/> This video shows the easy way to do them, you can use a chair. IF you want to make it harder, put your legs straight out in front of you.

20 calf raises- you just need one step available. <https://www.pinterest.com/pin/690317449116729299/>

30 second planks- <https://www.pinterest.com/pin/666884657306691098/>

40 Jump Jacks