**Team Sports Day 1 Workout**

**Warm up-**

Walk around your house or outside for 10 minutes.

**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 air squats

10 push ups/knee push ups

20 lunges

20 sit ups