**Team Sports Day 3**

**Warm up-** Please complete one of the following activities for at least 10 minutes:

* Jump rope/if you don’t have one, pretend and use your arms like you would with a jump rope
* Walk around inside/outside
* Ride your bike/rollerblade/skateboard/just dance on console

**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:

10 push ups/knee push ups

20 mt climbers- <https://www.pinterest.com/pin/93660867221424095/>

10 squat jumps- <https://www.pinterest.com/pin/840695455423158791/>

30 second wall sits- <https://www.pinterest.com/pin/97671885654042215/>