Everyone moves at their own pace and range of movement. Remind them of breathing techniques and not to compromise form. Discipline is required to gain the full benefits. ***Designed for all levels***

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| **Anaerobic Exercises for Power- Timed**  **20** seconds for each exercise/ **10** second recovery  **2x** through for each set.   * **Set #1:** High Knees & Crunches (legs straight up/touch toes) * **Set #2:** Burpee & Tricep Dips * **Set #3:** Squat Jacks & Side Hip Raises * **Set #4:** Alternating Lunges & Back Extensions * **Set #5:** Squat Hold & Basic Pushup   **Always provide modifications to accommodate each students level of difficulty!** |

**Storyboard**

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| * **Set #1:** High Knees & Crunches |

 

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| * **Set #2:** Burpee & Tricep Dips |

 

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| * **Set #3:** Squat Jacks & Side Hip Raises |





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| * **Set #4:** Alternating Lunges & Back Extensions |

 

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| * **Set #5:** Squat Hold & Frog Jump |

 