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
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