



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# **Cardiovascular & Core**

**(Basic)**

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(Basic)



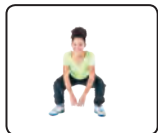
Squat



Crunch



Plank



Squat Jump



Lunge



High Knees



Side Plank

## WARM-UP:

30 sec: March in Place

30 sec: Jumping Jacks

30 sec: High Knees

30 sec: Butt Kicks

30 sec: Squats

30 sec: Alternating Lunges

60 sec: Arm Circles (forwards & backwards 30 sec)

30 sec: Jump Rope

## CIRCUIT: Repeat 2X

30 sec: Squats

30 sec: Crunches (Repeat)

30 sec: Jumping Jacks

30 sec: Plank (Repeat)

30 sec: Squat Jumps

30 sec: Heel Touches (Repeat)

30 sec: Lunges

30 sec: V-sit (Repeat)

30 sec: High Knees

30 sec: Side Plank (each side) (Repeat)

## COOL-DOWN/FLEXIBILITY:

Glute Stretch

Torso Stretch

Calf Stretch

Butterfly Stretch

Hamstring Toe Touch Stretch

Arm Stretches

Oblique Side Stretch

Cat-Cow Stretch

Quadriceps Stretch