



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROZEN FRIDAY

CAN YOU HOLD EACH POSITION FOR ONE MINUTE??

Plank
Wall Handstand
Wall sit
Hollow
Half Push-up
Runner's Lunge (each leg)

Passé (each leg)
V Hold
Side Plank (each side)
Relevé Lock
Piked Handstand
Half Dip

