



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CIRCUIT WORKOUT FOR BUSY GYMNASTS

TOTAL BODY WORKOUT IN 20 MINUTES!

- 25 JUMPING JACKS
- 10 CRUNCHES
- 30-SECOND PLANK
- 25 HIGH KNEES
- 7 BURPEES
- 15 CRUNCHES
- 10 SQUATS
- 5 PUSHUPS
- 10 CRUNCHES
- 30-SECOND PLANK
- 10 SQUATS
- 25 JUMPING JACKS
- 10 CRUNCHES
- 1-MINUTE WALL SIT
- 5 PUSHUPS
- 25 HIGH KNEES
- 30 SECOND PLANK



NO EQUIPMENT
NEEDED!



YMCA of Metropolitan Milwaukee
Gymnastics Center
6140 W Executive Drive Suite K
Mequon WI 53092