



# FAMILY FIT FRIDAY

## WEEK 4

### SHOULDERS/BACK

- \* Plank Up Downs 3 sets x 12 reps
- \* Lateral Arm Circles 3 sets x 12 reps  
Front/Backwards

### AGILITY

- \* Skaters 3 sets x 30 sec/ea
- \* High Skips 3 sets x 12 skips

### MENTAL PREPARATION

- \* Jr. Nuggets Gary Harris Film Breakdown

### ARMS

- \* Lateral Plank Walk 3 sets x 10 reps (R/L)
- \* Crab Walk 3 sets x 10 reps  
Front/Backwards

### CORE

- \* Forearm Plank Toe Taps 3 sets x 10 reps (R/L)
- \* Dead Bugs 3 sets x 12 reps

### GLUTES/QUADS

- \* Single Leg RDL 3 sets x 10 reps (R/L)
- \* Glute Bridge 3 sets x 30 sec/ea

