



FAMILY FIT FRIDAY

WEEK 5

SHOULDERS/BACK

- ★ Reverse Snow Angels 3 sets x 30 sec/ea
- ★ Dumbbell Plank Lateral Drag



AGILITY

- ★ Burpee w/ Jump 3 sets x 30 sec/ea
- ★ Jump Rope 3 sets x 60 sec/ea

MENTAL PREPARATION

- ★ Jr. Nuggets Wil Barton III Film Breakdown

ARMS

- ★ Up/Down Plank 3 sets x 30 sec/ea
- ★ Incline Pushups 3 sets x 12 reps

CORE

- ★ Single Leg Planks 3 sets x 20 sec/ea
- ★ Alternate Heel Touches 3 sets x 30 sec/ea

GLUTES/QUADS

- ★ Pendulum Lunges 3 sets x 30 sec/ea
- ★ Single Leg Floor Bridges 3 sets x 10 reps

