1 lap to warm up

A set of 5 hills

25 jumping jacks

5 Stretches

A set of 3 stairs

3 minute rest

2 laps around the track

5 deep breaths and 5 cool down stretches

Partner Workout Checklist

Find a partner to complete the checklist for today!

1 lap to warm up

A set of 5 hills

25 jumping jacks

5 Stretches

A set of 3 stairs

3 minute rest

2 laps around the track

5 deep breaths and 5 cool down stretches