



## Weekly Wellness Workout

**Week of April 13, 2020**

Being resilient means that we rise up, even when it seems impossible. Get your heart pumping with these Cardio options, courtesy of Ms. Ross!

### Cardio Fun #3

Agility Repeats

45 seconds of work, followed by 15 seconds of rest. Run through the circuit once, and rest for three minutes before getting after it again!

Foot fire

Four Cone drills: Create a 10 yard x 10 yard square

Sprint, shuffle, back-peddle, shuffle

Skip, grape-vine, back-peddle, grape-vine

High knees, sprint, butt kicks, sprint

Single leg hops (right), shuffle, Single leg hops (left), shuffle

Sprint, sprint, sprint, sprint

### Cardio Fun #4

Ladder Challenge: Create a 25 yard x 25 yard square

Sprint one side of the square, jogging the remainder of the sides, back to Start

Now, Sprint two sides of the square, before jogging two sides, back to Start

Sprint three sides, jogging one side, back to Start

Sprint around all four sides (woohoo!), before jogging all four sides

Repeat for 10-15 minutes...or until you're feeling the burn!

**Feel like quitting? RISE UP.**

*#codeorange*