

LEARN TO SKATE USA

Circuit Challenge

Complete each round and repeat two times!

Round 1 - Abs

10 sit ups
20 second plank
10 sit ups

Round 2 - Legs

10 lunges
20 squats
10 lunges

Round 3 - Upper Body

10 push ups
20 superman raises
10 push ups

Round 4 - Agility

10 burpees
20 lateral skater hops
10 burpees