Work It Out Week 1 2020

MAR 30

JUMPING JACKS MONDAY
30 Jacks in 1 min

MAR 31

PUSHUPS TUESDAY
25 Pushups in 2.5 mins

APRIL 1

SIT UPS WEDNESDAY
35 Situps in 4 mins

APRIL 2

LUNGE THURSDAY
15 Lunges each side 2x's

APRIL 3

Freedom Friday Exercise
Exercise of your choice in 5 mins

LET'S GET MOVING!

BOYS & GIRLS CLUB
OF PATERSON AND PASSAIC

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