



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

Sticks & Stones

Equipment: Search for any heavy objects around your house (canned food, water bottles, paint can, rocks, etc.

Exercise: Do 10 – 15 times of each exercise (repeat the work out as many times to increase difficulty level) In between each exercise, do 1 minute of jumping jacks

- **Shoulder Press**
- **Bent Over Rows**
- **Squat**
- **Deadlift**



Living Room Workout

Equipment: Couch, Coffee Table, Bench, Stairs, etc.

Workout

Challenging: 500 Step Ups

Moderate: 250 Step Ups

Novice: 75 Step ups

For every 25 Step ups do the following

10 Push Ups

10 Sit Ups

10 Crunches

