

# CAMPS AT HOME

## Junior Lifeguard Workout

**Equipment Required:** N/A

**Warm up** - 30 seconds of each

- Marching in place
- Jumping Jacks
- Arm circles in opposite directions
- Star toe touches
- Jumping rope on the spot
- Shoulder rolls

**Full Body** - complete 3 sets

- 10 Burpees
- 15 jumping jacks
- 3 direction lunges (front, side, and back)
- 15 jumping jacks
- 10 push-ups
- 15 jumping jacks
- 10 crunches
- 15 jumping jacks
- 10 leg raises
- 15 jumping jacks
- 20 donkey kicks per legs
- 15 jumping jacks

**Cool Down/Stretch** - 30 seconds of each

- Wide stance bent over hamstring stretch
- Quad stretch
- Ankle rolls
- Triceps stretch
- Across the body bicep and deltoid stretch
- Neck rolls