Advanced Workout
NPB Courtyard

- **Warm-up:**
  - Walking Hamstring string
  - Walking Kicks
  - Balancing one-leg toe touch
  - Hip opener rolls, forward & back (5 each leg)
  - Jog 2 laps around NPB

- **Workout:**
  - Round 1:
    - Walking Lunges down sideway & Back x3
    - Alternating step-ups on ledge – 10 each leg
    - Incline Push-ups on ledge – 20
  - Round 2:
    - Walking Lunges down sideway, run back to start x3
    - Step-up with side-leg lift – 10 each leg
    - Tricep Dips – 20
  - Round 3:
    - Run down and back sideway x3
    - Box Jumps on ledge – 10
    - Incline Plank – 30 sec hold

- **Cool-Down**
  - Walk-around NPB 2 times
  - Static Stretching. Hold each stretch approx. 30 sec.

**Notes:**

- Round 1, 2, and 3 could all be done as separate workouts. For example, instead of moving to the next round just repeat the selected round 2 – 3 times.
- For added challenge, add 30 seconds – 1 minutes of a power move. Power moves can include Jumping jacks, jump rope, squat jumps, jumping switch lunge, burpees, etc.