



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Morning Y Family! Hope you enjoy today's at home "Hump Day" workout of the day!

### **Camel Back**

To be performed for 3 consecutive rounds

- 10 push ups
- 15 Air Squats
- 20 Jumping Jacks
- 25 Crunches
- 10 Alternating Lunges
- 15 Burpees or Squat Thrusts
- 20 Butt Kicks (on hands and knees, lifting alternating leg to the ceiling knee bent)
- 25 crunches

**Back to the top and repeat 2 more times**

Tough times don't last. Tough people do!

Recipes of the Day:

Soups and stews provide much needed immune boosting amino acids and minerals. Try one of our recipes of the day!

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