

## The Pullar Workout

**Directions:** This workout includes eight total rounds and exercises should be completed in numerical order (1-6). You may not start an exercise until the previous has been fully completed. You may rest as needed. The clock stops when you complete the last exercise of the 8<sup>th</sup> round. If you are unsure of how to complete an exercise, refer to the videos on Schoolwires. Good luck!

1. Mountain Climbers (knee to elbow) x 10/ side
2. Tuck Jumps x 10
3. Side Bridge Rotation x 10 (5/side)
4. Lunge Jumps x 10
5. Plank to push-up x 10
6. Sprawl x 10

**Total Time:** \_\_\_\_minutes \_\_\_\_seconds

**Date Completed:** \_\_\_\_\_

**Parent/ Guardian Signature:** \_\_\_\_\_