**Week 4 - 6/8/20-6/15/20**

**Week 4 Program**

**See the demonstration videos below before you start!**

|  |  |
| --- | --- |
| **Week 4 Program** | **Complete this program 2-4 times in Week 4** |
| **Fitness/Strength** |  |
| **Complete 3 Cycles of the 4 exercises then move to Ball Skills** |  |
|  |  |
| High Knees | 30 seconds |
| Butt Kickers | 20 seconds |
| Squat Jumps | 30 seconds |
| Double Leg Lateral Jumps | 20 seconds |
| Jumping Jacks | 30 seconds |
| Mountain Climbers | 20 seconds |
| Skaters | 30 seconds |
|  |  |
|  |  |
| **Ball Skills** |  |
| Foot Skills Challenge | 2 minutes |
| Brazilian Toe Taps | 30 seconds |
| V & L Turns | 2 minutes |
|  |  |
|  | **Enter number of times and dates you completed Week 4 Program:** |
|  |  |

**Centennials Intro Video**

<https://vimeo.com/420895810>

**Video Demonstrations - Click on each of the links below:**

[**Week 4 Fitness Program**](https://www.youtube.com/watch?v=4VH_-HzJahI)

**Ball Skills**

**\*If link does not work, paste into your browser.**

Foot Skills Challenge

<https://vimeo.com/427785135>

Brazilian Toe Taps

<https://vimeo.com/427790410>

V&L Turns

<https://vimeo.com/427789630>