



# THE "LILGAVDEN"

The following workout was designed by my children: Lilli, Gaven, and Aiden. Complete all three circuits. Post your results on social media with the #myrmidontrained hashtag.

Circuit Length K-2 5 min.      3-6 10 min.      7& Up 15min.

## Circuit #1

10 Squats  
10 Crunches  
5 Squat Jumps  
15 Russian Twists  
10 Sit-Ups  
20 Second Plank

## Circuit #2

Jumping Jacks

## Circuit #3

5 Jumping Jacks  
6 Bicycle Kicks  
10 Lunges