

## Four Square Workout

Draw four large squares in your driveway

Grab three family members or participate on your own

Complete one exercise at each station for 30 seconds

Move/rotate to the next station

Complete for a total of five rounds

### Station 1

Jumping Jacks

Speed Skaters

Punch Jacks

No Rope Jump Rope

Quick Feet

### Station 2

Wide Squats

Standing Crunches

Walking Squats

Rear Taps

Forward Lunges

### Station 3

Burpees

Push ups

Squat Jumps

Jumping Lunges

Mountain Climbers

### Station 4

Plank

Crunches

Sit ups

Glute Bridges

Flutter Kicks