

# Fun Friday

## Warmup

400 Choice Tied 35

400 Choice Tied 35 (25 x 1/2 / 100 / 100)

100

## Main Set

-Pick your word or words from the list below and work your way to 50 points for each word. You may use any number of words as long as you can get 50 points for each word. If you need any help, please ask a teacher or parent. If you need any help, please ask a teacher or parent. If you need any help, please ask a teacher or parent.

4x through

4 x 25 Kick @ 35

4 x 25 Drill @ 35

4 x 50 Choice @ 35

## Cool Down

200 Choice @ 35