What is Parkour?

Where does parkour take place?

How can you execute parkour moves safely? (landings, attention, body awareness, etc.)

Complete the following parkour conditioning movements.

-20 wall push-ups

-1 minute wall sit

-40 jumping jacks

-30 air squats

-sprint as fast as you can for 30 seconds

-40 calf raises

-10 burpees

-jump for one minute in place

-stretch for 2 minutes