

Wheel of Workout!

4/27/2020

Warmup

1. Round 1 - 12 spins of following exercises:
 - a. 5 Burpees
 - b. 5 Pushups
 - c. 10 Sit-ups
 - d. 3 Tuck Jumps
 - e. 20 T/H Jacks
 - f. 10 Superman's
 - g. 3 Squat Jumps
 - h. 10 Lunges

2. Challenge 1 - 10 Mountain Lunges & 20 Mountain Climbers

3. Round 2 - 8 Spins (remove exercise after it has been completed):
 - a. 10 Burpees
 - b. 10 Pushups
 - c. 20 Sit-ups
 - d. 6 Tuck Jumps
 - e. 40 T/H Jacks
 - f. 20 Squats
 - g. 30 Lunges

4. Challenge 2 - 20 Mountain Lunges & 40 Mountain Climbers

5. Cool down