

Friday Fun-Day

Equipment needed: Towel cause it's a sweaty one!

18min EMOM (Every Minute on the Minute)

Min 1: 10 Burpee's (add 2 reps each 1st min) <https://www.youtube.com/watch?v=TU8QYVW0gDU>

Min 2: 20 Variation sit-ups

Min 3: 20 Air squat n jump (minus 2 reps each 3rd min)

Goal of each round is to complete in 40 seconds, so you have :20 to rest / grab drink. If needed can see modifications below. I will be going through the movements at the beginning of the workout if anyone has questions on the movements or wants more clarification.

RX (prescribed workout) – How

Min 1: 10 burpees <https://www.youtube.com/watch?v=TU8QYVW0gDU>

Min 2: 20 butterfly sit-ups <https://www.youtube.com/watch?v=HDZODOx7Zw>

Min 3: 20 Air squat and jump (1 squat + 1 squat jump = 1 rep)

https://www.youtube.com/watch?v=C_VtOYc6j5c

Min 4: 12 Burpees

Min 5: 20 butterfly sit-ups

Min 6: 18 Air Squats and jump (1 squat + 1 squat jump - 1 rep)

Min 7: 14 Burpees

Min 8: 20 butterfly sit-ups

Min 9: 16 Air Squats and jump

etc.... until 18min

Modifications:

Intermediate

Burpees: Step back burpees (hands touch ground together bending as necessary, step feet back to high plank, step feet back under shoulders, stand tall)

Sit-ups Variations: Toe touches

Squats: Air squats

Beginner

Burpee: Step back chair burpees (chair placed in front of you. Hands placed onto the chair under shoulders, step feet back to high plank, step feet back to the chair, stand tall)

Sit-ups: Crunches

Squat: chair squats