

4/6/2020 Monday Madness

Warm-up: 3 rounds

10 Jumping Jacks

20 High Knees

20 butt kickers

Exercises: 3 rounds – 12, 10, 8 x rounds

Split Squat Jump https://www.youtube.com/watch?v=yncmjpwI_9g

Intermediate/beginner: split squat <https://www.youtube.com/watch?v=JyMiO1iQzEY>

Push-ups

Intermediate: push-ups on your knees

Streamline squats <https://www.youtube.com/watch?v=nxaog8pf0Mc>

Dips – bodyweight <https://www.youtube.com/watch?v=uvfKEpwBfdI>

Abs: 3 rounds

10 V-ups <https://www.youtube.com/watch?v=t6OC23JDQLU>

Intermediate: 1-leg V-up (5 each side) <https://www.youtube.com/watch?v=t6OC23JDQLU>

Beginner: V-up without leg <https://www.youtube.com/watch?v=t6OC23JDQLU>

10 Spider planks (each side) <https://www.youtube.com/watch?v=HVyHcalg61g>

Intermediate: 5 on each side

Beginner: elbow plank