

Friday workout 5/1

Equipment needed: Nothing

12 min Tabata :20 on :10 off

Minutes 1-4

- Jumping lunges
- Rocking Horse - <https://www.youtube.com/watch?v=aOOLFpvV1S4>
- Squat, ¼ squat jumps
- Shoulder taps

Minutes 5-8

- Jumping lunges
- Push ups
- Squat, ¼ squat jumps
- Plank

Minutes 9-12

- Curtsy squat
- Rocking horse
- Air squat
- Shoulder taps

Each exercise will be performed for 20 seconds then 10 seconds of rest to get ready for next exercise

There is a lot of movements so if you need clarification and or modifications see below.

Modifications:

Jumping lunges / Curtsy squat – step back lunges

Rocking horse / pushups – kneeling pushups

Squat, ¼ squat jumps / air squats – air squats or chair squats

Shoulder taps / plank – elbow taps / elbow plank