

Friday legs and core 5/14/2020

Equipment needed -

Part 1:

Each exercise is on the 1 min: 21 minutes total of work

4 Rounds of :40 seconds on :20 off - Split Squat Jumps

6 Rounds of :40 seconds on :20 off - Pushups / mountain climbers

4 Rounds of :40 seconds on :20 off – 1 + ¼ air squat jumps

3 Rounds of :40 Seconds on :20 off - wall sit

Modifications

Intermediate:

:20 L – split squats :20 R – split squats

Rest as needed pushups and mountain climbers

Air squats

:30 second wall sit

Beginner:

Step back lunges

Kneeling pushups and mountain climbers

Chair squats

:20 second wall sit