

## **The Gladiator 5/18/2020 Workout**

Warmup

1st Round:

50 Jumping Jacks  
20 180 Degree Jump Squats  
50 Mountain Climbers  
20 Modified V-sits

1:00 Break

2nd Round:

50 Jumping Jacks  
20 180 Degree Jump Squats  
50 Mountain Climbers  
20 Modified V-sits  
10 Pushups with rotation

1:00 Break

3rd Round:

50 Jumping Jacks  
20 180 Degree Jump Squats  
50 Mountain Climbers  
20 Modified V-sits  
10 Pushups with rotation  
20 Up & Down Planks

Cool down/stretch