

"May the Fourth Be with You"
5/4/2020

3 rounds of 5 exercises:

First Round (10 reps of each):

1. Skywalker Squats
2. Yoda Hops
3. Obi Wan Strikes
4. Princess Leia Lunges
5. Darth Vader V-ups

Chewbacca Challenge #1

Second Round (15 reps of each):

1. Skywalker Squats
2. Yoda Hops
3. Obi Wan Strikes
4. Princess Leia Lunges
5. Darth Vader V-ups

Chewbacca Challenge #2

Third Round (20 reps of each):

1. Skywalker Squats
2. Yoda Hops
3. Obi Wan Strikes
4. Princess Leia Lunges
5. Darth Vader V-ups

Chewbacca Challenge #3