

The Avenger
6/1/2020

Warm-up:

2 Rounds:

20 Squats
20 Twist Lunges
10 Pushups
20 Shoulder Taps
20 Mountain Climbers
20 Flutter Kicks
10 Cross Punch Sit-ups
:30 Side Plank

After Round 1: Pushup Challenge

After Round 2: Situp Challenge