

Monday Madness 6-15-2020

Equipment needed - nothing

Workout is going to be 4 rounds total

| Exercise | Round 1: reps | Round 2: reps | Round 3: reps | Round 4: reps |
|-----------------------|---------------|---------------|---------------|---------------|
| Squat + RL jump lunge | 10 | 15 | 20 | 30 |
| Cossack squat | 30 | 20 | 15 | 10 |
| Iron Cross/V up | 30 | 20 | 15 | 10 |
| Burpees | 10 | 15 | 20 | 30 |

Modifications

Intermediate:

Squat + Right and left step back lunges

Side lunges

Iron cross or V ups

Step back burpees

Beginner:

Squat to chair/object

Side lunges to chair/object

Variation of abs

Burpee to chair/object