

Friday Workout 6-19-20

RX workout: 4 Rounds

15 A frame pushups

20 Squat variations

Round 1: Squat

Round 2: Frogger squats

Round 3: Pistols / Curtsey Squat – 10 each leg

Round 4: 1 + $\frac{1}{4}$ Squat jumps

25 Butterfly Sit-ups

Post round:

2 Rounds of 10 hollow rocks + 10 Hollow arches (arms and legs never touch ground) – demo will be showed via zoom

Modifications:

Regular pushups / Kneeling pushups

Squats / Squat jumps / chair squats

sit-ups / crunches