

IFLY Interval Training Challenge
6/29/2020

Warmup

All Exercises are :45 on/:15 off

Round 1:

1. Situps
2. Supermans
3. Dead bugs
4. Spider planks

1:00 Rest

Round 2:

1. Squats
2. Lunges
3. Split squats
4. Side lunges

1:00 Rest

Round 3:

1. Inchworm to push-up
2. Side plank reach through
3. Dips
4. Burpees

1:00 Rest

Round 4:

1. Mountain Climbers
2. Jumping Jacks
3. Plank Jacks
4. Quick feet to squat jump

Cool down