

Top-Notch Tuesday Workout
1:30pm 7/28/20

Warm up: 2x

20 Jumping jacks
20 lunges (10 on each leg)
30 Sec. Plank

Round 1:

1 minute Streamline Squat Jumps
30 sec. Break
1 minute Bent Leg Lifts
30 sec break
1 minute Wall Sit
30 sec break
1 minute Shoulder Taps
1 minute break

Round 2:

1 minute Squats
30 sec. Break
1 minute Plank
30 sec break
1 minute Streamline tucks
30 sec break
1 minute Push ups
1 minute break

Round 3:

1 minute Burpees
30 sec. Break
1 minute Flutter Kick
30 sec break
1 minute Tricep dips
30 sec break
1 minute Bicycle Crunch
1 minute break

Stretch/ Cool down