

Tenacious Tuesday workout: 8/4/20 1:30pm

Warm up: 2x

20 jumping jacks

10 up downs in plank position

20 ski jumps with a hold

Going through twice**

4 Minute AMRAP

20 Squats

10 push ups

20 mountain climbers

10 lunges

1 Minute break

Ab Challenge (40 sec. on, 20 sec. off)

6 in. hold

Hollow Hold

Plank

Bent leg hollow hold

1 Minute break

Glute Burnout

30 Hip thrusts

30 Donkey kickbacks (15 each side)

30 Side leg lifts (15 each side)

1 Minute Break

Go through twice**

Cool down stretches