

## Filthy Friday Four Fiddy 4/23/2020

Equipment needed – socks / plastic bag / winter hat / ball (something that helps your feet slide on the floor)

### **RX workout Part 1: Exercises will be demo'd before start of workout**

Exercise	Round 1: Reps	Round 2: Reps	Round 3: Reps	Round 4: Reps
Alternating split squat jumps 1-3-1	30	20	20	30
Air Squat	20	30	30	20
<b><u>FIRST TWO EXERCISES</u></b>	<b><u>ARE</u></b>	<b><u>ON</u></b>	<b><u>TWO</u></b>	<b><u>MINUTES</u></b>
Push up and climb (1 push up + 3 total mountain climbers)****	30	30	30	30
Hamstring curls (total)	20	30	30	20

\*\*\*\* = you count by # of mountain climbers or each push up is 3 reps.

### **Part 2: The burnout:**

2+4+6+8+10

Jump squat

Jump lunge L + Jump Lunge R

### **Intermediate:**

Alternating split squat jumps

Air squats

Knee push up + 3 mountain climbers

Hamstring Curls or Hip thrusts

### **Beginner:**

Split squat

Chair Squats

10 Knee push up or 60 mountain climbers (total)

Hip Thrusts – Feet flat on ground or feet touching (frog hip thrusts)