

Friday Workout 5-7-20

Round 1:

4 Rounds of each exercise on the 1:00

20 Air Squats

20 Step up + back lunge - <https://www.youtube.com/watch?v=kgRZI6o8fBQ>

:40 wall sit

20 variation abs

Part 2: Pyramid Finisher

2+4+6+4+2

Squat – A Frame Push Ups – Burpee – Penguin Taps

Modifications: reg push ups / knee pushups, step back burpees, jumps / air squats

Intermediate:

Air squats

Step ups or Back lunges

:30 wall sit

Variation abs

Beginner:

Chair squats

Back lunges alternating

:20 wall sit

Variation abs