Social Distancing Workout 45 Minutes

Warm-Up

- **10 min jog**
- **10 min dynamic stretch: hams, quads, shoulders (90's),hips (pigeon), low back (child, down dog, up dog), core (low plank, hi plank, toe touches (feet in air on back))**

Put Cones or a Marker at 10, 20, 30, 40 and 50 yds

1. **Streamline Overhead Reverse Lunge (8 each leg)- keep back straight**
2. **Sprint to 10 and back**
3. **SitUps (5 crunch 1 full) 10x (so 60 total)**
4. **Sprint to 20 and back**
5. **Plank Shoulder Taps 8 each**
6. **Sprint to 30 and back**
7. **10 Burpees w/ "box jump" high knee stationary jump**
8. **Sprint to 40 and back**
9. **5 Flip Turns (on back 10 straight leg little kicks, tuck knees and extend up)**
10. **Sprint to 50 and back**
11. **20 Push Ups or Bear Crawl to 20 and back**
12. **Run 200: Fast/Easy by 50**

Rest and water 4 minutes then reverse 12 through 1.