Work Out 4.27.20

"5-4-3-2-1 Work out"

<u>5 minutes of any cardio or…</u>
High-knees
Jumping jax
Front kicks
Jumping jax
Run in place
*Do 1x through, 1:00 of each, 1:00 rest

<u>4 minutes</u>
Walking lunges
Mountain climbers
*Do 2x through, 1:00 of each, 1:00 rest

<u>3 minutes</u>
10 x push-ups
15 x tricep-dips
*Do for three minutes, alternating between exercises, 1:00 rest

<u>2 minutes</u>
:30 Squats
:30 Squat jumps
:30 Squats
:30 Squat jumps
*Do 1x through, 1:00 rest

<u>1 minute</u>
Plank

PALATINE
Swimming
TIGERSHARKS