

Falcons Quarantine Workouts:

If you're quarantined and looking for a way to stay in shape make sure you're doing something to hit these things at least once a day:

Endurance/Aerobic training

- Examples: Biking, Running, Burpees, Shadow Boxing, Jumping Jacks

Core (Abs, Lower back and glutes)

- Examples: V-Ups, Planks, Glute Bridges, Squats, Superman Holds

Upper Body(Lats & Shoulders)

- Examples: Pull Ups, Push Ups, Chair Dips, Heavy Backpack Presses

Lower Body(Glutes, Quads, Hamstrings, Calves)

- Examples: Squat Jumps, Lunges, Broad Jumps, Running or Biking Sprints, Wall Sits, Glute Bridges)
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Here are some workouts to do:

Workout 1:

10 Rounds of:

30 jumping jacks

8 squat jumps

10 burpees

30 Push Up Position Shoulder Taps

** start a new round every 2minutes, whatever extra time you finish each round with is your rest before you start your next round

Workout 2:

Warm Up:

100 jumping jacks

75 ab flutter kicks

50 russian twists

25 squats

Workout:

100 burpees for time

**if you really go as fast as possible it's the only exercise you'll need.... Trust me

Workout 3:

Part 1:

10minutes of 15 v-ups every minute

Part 2:

8minutes of 10 push ups every minute

Part 3:

6minutes of 20 step back lunges every minute

Part 4:

4minutes straight of running as fast as possible

Workout 4:

Complete in order with as little rest as possible:

60 push up position shoulder taps

20 burpees

20 squat jumps

50 squats

30 heavy backpack shoulder presses

200 jumping jacks

2minute plank