April 20, 2020

1:00 on/:30 switch

1-Alternating-jumping lungs

2-Leg lifts

3-T-rotation pushups

4-Squats

5-Burpess

6-Lateral leg lift (right)

7-Lateral leg lift (left)

8-Dips

9-Speed skaters

10-Kickouts

11-Incline pushups

12-Incline-plank-hand-elbow/elbow-hand

13-Jump-knee tucks

14-Sit ups

15-Shoulder circles (arms extended to side)

16-Russian twists

2x (2:00 between rounds)