April 23, 2020

1:00 Run in place-high knees

:45 speed skaters/:15 break

:45 T rotation pushups/:15 break

:45 Kick outs/:15 break

:45 calf raises/:15 break

1:00 Run in place-butt kicks

:45 Burpees with pushup/:15

:45 Single leg touch (right)/:15 break

:45 Single leg touch (left)/:15 break

:45 dips/:15 break

1:00 run in place-high knees

:45 squats/:15 break

:45 Leg lifts/:15 break

:45 Lateral leg raise (right)/:15 break

:45 Lateral leg raise (left)/:15 break

1:00 run in place-butt kicks

:45 Russian twists/:15 break

:45 Hand-foot/foot-hand/:15 break

:45 alternating-jumping lunges/:15 break

:45 alternate 3 explosive pushups with 3 regular pushups/:15 break

2:00 break

2x