April 9, 2020

Need a stopwatch/timing device

For round 1

:30 run in place (before every exercise)/:45 of each exercise/:15 break

Round 2

:30 mountain climbers/:45 of each exercise/:15 break

Round 3

:30 burpees/:45 of each exercise/:15 break

1:00-2:00 between rounds

1-Squats

2-Kickouts

3-dips

4-Plank hand to elbow/elbow to hand

5-situps

6-Calf raises (alternate 10 of each leg)

7-Leg lifts

8-t rotation pushups

9-Russian twists

10-Plank shoulder touch

11-Arm circles-hold arms at side-small circles/alternate 10 forward-10 backward

12-Alternating/jumping lungesa