May 13, 2020

20 lateral leg raises (10 each side)

20 squats

20 single leg reaches (10 each side)

20 calf raises

20 lunges

Continuous

1:00 Break

40 Mountain climbers

20 burpees

20 speed skaters

10 jumps-pull knees to chest

40 butt kickers

Continuous

1:00 Break

20 leg lifts

10 t rotation pushups

:30 hold feet 6 inches off ground

10 dips

20 kickouts

Continuous

2:00 Break

3x