May 14, 2020

Need timing device

:45 run in place/:45 situps/:30 break

:45 run in place/:45 t rotation pushups/:30 break

:45 run in place/:45 lunges/:30 break

:45 run in place/:45 3 touch plank/:30 break

:45 mountain climbers/:45 squats/:30 break

:45 mountain climbers/:45 shoulder circles (alternate 10 each way)/:30 break

:45 mountain climbers/:45 single leg touches (right)/:30 break

:45 speed skaters/:45 single leg touches (left)/:30 break

:45 speed skaters/:45 dips/:30 break

:45 jumps with knee tuck/:45 leg lifts/:30 break

2:00 break

:45 leg lifts/:15 break

:45 kickouts/:15 break

:45 Russian twists/:15 break

:45 Plank hand to elbow-elbow to hand/:15 break

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

5 explosive pushups

2x 1:00 break after round 1-2:00 after round 2

10 walkout pushups

10 lateral leg raises (right)

10 lateral leg raises (left)

10 alternating-jumping lunges

5 diamond pushups 2x-Continuous