May 16, 2020

Add ons

Restart add ons after every set of 5

10 jumps with knee tuck

20 leg lifts

10 squats

5 explosive pushups

:30 hold feet 6 inches off of the ground (on back)

2:00

20 speed skaters

10 t rotation pushups

20 kickouts

10 wall sits (alternate legs)

:30 hold feet 6 inches off ground

2:00

10 Alternating/jumping lunges

10 dips

10 plank-hand to elbow/elbow to hand

5 diamond pushups

:30 hold feet 6 inches off ground

2:00

20 mountain climbers

20 Russian twists

10 streamline lunges

10 single leg reaches (5 each side)

:30 hold feet 6 inches off ground