Home Workout – Weekend Edition 3/28/20-3/29/20

Warmup  
3 Rounds – take your time  
20 Air Squats  
10 Pushups on Knees or Wall Pushups  
10 Bunny Hops

Challenge Set – Teams of 2 (or “Animal Version” – go solo)

Choice of below for a TIME:

1000 Box Step Ups – 20inch Box, Bench, Ledge, or anything SECURED. DO NOT use an unsecured chair  
 -full hip extension at the top

OR

500 Burpees–chest touches the ground at bottom, finish with a hop/jump at the top

OR

1500 Jumping Jacks

OR

400 Squat Jumps – Hips at or below parallel at the bottom

Send us your Before/After pictures/videos (and/or during)

[jjanszen@ymcanwla.org](mailto:jjanszen@ymcanwla.org), or text coach John