

## Home Workout 3/24/20

Warmup

3 Rds

10 Squats

6 Spiderman + Reach

:20 Plank Hold on Hands

1 Round of "Freeze Frame" – 1:00 Hold of Each with :30 rest between  
(If you can't hold an entire minute, break as needed  
but accumulate 1:00 of each hold before moving on)

Plank – Elbows

Wall Sit

Wall Handstand – alternate movement: overhead hold of weighted object

Hollow Hold (think reverse plank on your back)

Half Push-Up – alternative movement=on knees

Runner's Lunge (each leg)

Side Plank (each side)

Calf Raise

10:00 of Cardio – Red Effort (think moderate Jog)

1 Round of "Freeze Frame"

Warmdown

5:00 Stretching