Home Workout 3/25/20

Warmup  
3 Rounds  
5 Walkouts – [click for demo video](https://www.youtube.com/watch?v=R6SMJ-TzgZo)  
10 Situps  
10 Walking Lunges – KEEP FORWARD KNEE BEHIND YOUR TOES

Main Workout – 3 Rounds with Increasing Effort and Speed by Round (ie: Descend)

:30 Plank – hands or elbows  
50 Jumping Jacks  
:30 Side Plank – right  
15 Burpees w/ 1 bonus pushup each time  
:30 Side Plank – left  
:30 HIGH Knee Static Jog – knee should rise above the hip line, keep back straight  
30 Russian Twist – actually twist, don’t just move your hands. Weighted optional  
 [click for demo video](https://www.youtube.com/watch?v=4wNNCQj2mV4) – but add in feet off the ground

Rest 3:00

Warmdown  
5:00 Stretching