

Home Workout 3/27/20

Cardio & Core

Warmup

5:00 Walk+Jog – Jog :15 / Walk :45

 Increase Jog pace each time, up to 85%

10 Walking Lunges + Overhead Press

10 Situps

25yard Skipping

Main Set – 3 Rounds

3:00 ABS –

 Rd 1 = switch exercises every :45 (see below for exercise ideas)

 Rd 2 = Planks 3x:45on / :15rest

 Rd 3 = weighted situps 3x:45on / :15rest

1:00 rest

8 Cardio – Run, Bike, Jump Rope, Skipping (harder than you may think), row, elliptical, rollerblade, or whatever is available and interesting

 Descend cardio effort by round

1:00 rest

Warmdown

3:00 Steady Pace Walk

5:00 Stretching

ABS ideas: crunches (feet flat on ground, feet off the ground, or legs flat), leg lifts (STRAIGHT LEGS), flutter kick (large or small), toe touches (doesn't count if you don't actually touch your toes), bicycle (full leg extension), booty ups/hip raises, side crunches, tuck-ups, V-ups, Hollow Hold, Russian Twist (flat back-don't crunch, twist at midline-do not just move hands side to side), etc