

Home Workout 3/31/20

Warmup

3 Rounds

10 Lunge Steps – 1 second pause at bottom

15 Situps – slow

20 Air Squats

Main Set #1

AMRAP 20 (As Many Rounds As Possible – in 20 Minutes)

400m Run (or substitute cardio of choice for 1:45-2:00 per round)

20 Split Jumps (Start in a Lunge position, jump, land in opposite lunge position)

Active Recovery

10:00 Walk – Stop and stretch (toe touch) for :15 every 2:00

Main Set #2

4x Suicide Back/Fronts @ 2:30

Mark off 4 successive 10ft sections in a row

Back/Front are done by starting jogging backwards until you reach your marker then sprinting forward back to start...back jog one section further each time until you've gotten to the 4th marker and back to end the round.

ABS

5:00 of work, no more than 7:00 including rest

Warmdown

5:00 Walk

5-10:00 Stretching