

Home Workout 4/1/20

Warmup

3 Rounds – Not For Time

1:00 Jog

10 Burpees – slow

1:00 Jump Rope (or hops)

10 Walking Lunges with Overhead Stretch/Press

Core Work – All Movements = 1:00 work / :30 rest

Plank on elbows

Superman Hold (not streamline)

Plank on Hands

Streamline Hold

Hollow Hold

“Mule Kicks” – on hands and knee, raise opposite arm and stretch out opposite leg,
3s hold each time

Flutter Kick

Main Set

5 x 3:00 AMRAP (As Many Rounds As Possible – in each round of 3)

- 1:00 Rest between each

-Your score is your slowest round, fastest slowest time wins)

10 Air Squats – Holding 15lbs (ish) on chest

8 Kettle Bells Swings (no kettle bell? Use a backpack with some books in it)

6 Half Burpees w/ a lateral jump over bag

- Instead of chest to ground, stop in a plank position and jump back up

- Jump sideways over your bag after each one

NOTES: The bag can be used for all 3 movements

Bonus Core Work

20 Side Hip Raises – balance on elbow (each side)

1:00 Bicycle

20 Booty Ups – feet over hips, not your face

:45 Bicycle

20 Leg Lifts – STRAIGHT legs

:30 Bicycle

20 Toe Touches

:15 Bicycle

Warmdown

10:00 Stretching