Home Workout 4/10/20

Warmup  
5:00 Lite Cardio  
5:00 Lite Stretching

Main Set – with weighted object (10-25lbs depending on the person)  
5 Rounds – Each for a Time – Approximately 2:00 rest between each  
 -“Score” is your slowest round

10 Thrusters – [click for demo](https://www.youtube.com/watch?v=A4cPyCMhaFA)  
10 RDL – flat back, slightly bent knees, NO squatting - [click for demo](https://www.youtube.com/watch?v=mvsOo-rdKsE)  
10 Bent Over Rows – flat back – [click for demo](https://www.youtube.com/watch?v=p7XQpF1f2uo)  
10 Squat-Curl-Press (Same as a Thruster EXCEPT, let your weight hang down and touch the ground with each squat, then curl and press it up at the top  
 -[click for demo](https://www.youtube.com/watch?v=KPNzBnyKu40)  
10 Split Squat (Each Leg) – in a lunge position – [click for demo](https://www.youtube.com/watch?v=vvZHaPGOIWU)

Bonus Set  
1x Max Pushups –

ABS  
Accumulate 5:00 of active AB work. Rest as needed but the object is to complete 5:00 of work in as little total time as possible