

Home Workout 4/11/20

Warmup

5:00 Lite Cardio

then

3 Rounds – nice and slow

10 Squats

15 Situps

10 Knee or Wall Push-ups

Main Set

For a Time

400 Situps...BUT

At each 1:30 (1:30, 3:00, etc) you must stop the sit-ups and do the following:

3 Burpees-chest to ground

6 Jumping Jacks

9 Squats

...then continue with the sit-ups

Secondary

10:00 Lite Jog or Brisk Walk

5:00 Stretching