Home Workout 4/16/20

Warmup
3 Rounds
10 Squats
10 curl+press (using roughly 5lbs per hand)
10 Bent Over Lateral arm raises – out to the side
10 Calf Raises

Main Set – “Pack Your Bags”
grab a backpack, duffle bag, or any sturdy bag and fill it with some weight:
 -Senior Boys = 25-30lbs, Senior Ladies = 20-25lbs
 -Age Group Boys & Girls 15lbs

4 Rounds
1x15 Bent Over Row – [demo](https://www.youtube.com/watch?v=kkSAc-qvsAU)
1x15 Romanian Deadlift - [demo](https://www.youtube.com/watch?v=zlPDMykne5w)
1x15 Squat + Press - [demo](https://www.youtube.com/watch?v=jrHShJW18QY)
1x15 (each leg) Lunge + Curl - [demo](https://www.youtube.com/watch?v=xmTzK5YlIVE)
1x5 (each side) Lateral Pull + Spider Pushup - [demo](https://www.youtube.com/watch?v=gNvkm_DqiwM)
1x5 (each side) Lateral Pulls – same as above but no pushup
1x15 Sumo Deadlift + High Pull - [demo](https://www.youtube.com/watch?v=a4vZxb-oztI)

ABS
Accumulate 5:00 of active AB work, resting as needed.

Warmdown
7:00-10:00 stretching