

Home Workout 4/17/20

Warmup

3 Rounds

10 Squats – FULL Squats (boys)

10 Situps – slow on the way down

10 Walking Lunges

5:00 Stretching

Main Set – FOR A TIME

50-40-30-20-10...of each, alternating exercises

Reverse Lunges – big step back so the front knee does not push out over the toes

Choice of Situps or Leg Lifts

How the workout goes: 50 R Lunges, 50 Situps, 40 R Lunges, 40 Situps, etc...

Warmdown

5:00 Moderate Walk

10:00 Stretching...specifically your glutes