Home Workout 4/2/20

Warmup – 2 Rounds
1:00 Jog
10 Situps
1:00 Jump Rope
10 Situps
20 Air Squats
:30 Plank

Main Set – “FLIP A COIN” (click [HERE](https://www.random.org/coins/?num=1&cur=60-usd.0100c-anthony) for virtual coin flipper)
3 Rounds or 30min minimum, 40min maximum
No Rest between flips, 2:00 Rest between Rounds

|  |  |  |
| --- | --- | --- |
|  | HEADS | TAILS |
| Flip #1 | 15 Air Squats | 20 Situps |
| Flip #2 | 1:00 High Knees | 10 Push-ups |
| Flip #3 | 20 Jumping Jacks | 1:00 Plank on Elbows |
| Flip #4 | 20 Split Jumps | 10 Tricep Push-ups |
| Flip #5 | 1:00 Jump Rope | 1:00 Plank on Hands |
| Flip #6 | 25 Air Squats | 10 Burpees -FAST |
| Flip #7 | 10 Squat Jumps | 2x:30 Hollow Hold |
| Flip #8 | 20 Reverse Lunges | :20 Side Plank (ea side) |
| Flip #9 | 25 Calf Raises | :45 Streamline Hold |

Warmdown
5:00 Walk, 5:00 Stretch