Home Workout 4/23/20

Warmup  
3 Rounds – take your time  
15ft Bear Crawl – slow  
15ft Crab Walk – slow  
15ft Lunge Walk – big step  
15ft Bunny Hop

Main Workout

3 Rounds

:30 Bicycle + :30 Toe Touches  
2x:15 [AB Stretch](https://www.youtube.com/watch?v=6VuvAUAm7Go)

:30 Wall Sit + :30 Squats  
2 x :15 [Quad Stretch](https://www.youtube.com/watch?v=ob1tvmQUQZ0)

:30 Pushups + :30 Pushup Plank  
2 x :15 [Chest Stretch](https://www.youtube.com/watch?v=rT7rgXQtDcI)

:30 [Glute Bridge](https://www.youtube.com/watch?v=hV6mCbTESoM) + :30 Elbow Plank  
2 x :15 [Hamstring Stretch](https://www.youtube.com/watch?v=bOf2AOpG4qM)