

Home Workout 4/24/20

Warmup

2:00 Brisk Walk

5:00 Stretch

2:00 Jog

5:00 Stretch

Primary ABS

5:00 Planking – rest as needed

Main Set – Choice of Cardio Exercise (mix multiple if desired)

Descend effort on the “work”

5:00 Work

1:00 Walk

4:00 Work

1:00 Walk

3:00 Work

1:00 Walk

2:00 Work

1:00 Walk

1:00 Work

1:00 Walk

:30 CASH OUT SPRINT

5:00 Walk

Secondary ABS

100 Situps

Warmdown

5:00-10:00 Stretching