Home Workout 4/25/20

Warmup  
2 Rounds  
2:00 Moderate Walk or Jog  
10 Squats  
10 [Walkouts](https://www.youtube.com/watch?v=R6SMJ-TzgZo&t=13s)  
10 situps

Main Set  
FOR A TIME – 200 BURPEES!!   
(parent workout buddies may choose an alternate exercise 😊)  
ALSO – every 2:00 you must stop your burpees and perform 20 situps

Warmdown  
10:00 stretching