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