

Home Workout 4/28/20

Warmup

3 Rounds

25y Skipping

4 Push-Ups on Knees or Wall

25y Skipping

10 Situps

10 Squats

AMARP 20:00 (As Many Rounds As Possible)

30 Air Squats

20 Rows (or stretch band rows if body weight is too much)

10 Bicycles (1 cycle each left & right) - (Full Extension of extended leg)

Active Recovery

7:00 Lite Cardio (Jog, Jump Rope, Row, Bike, etc)

Bonus Core Work

Plank Pyramid – Work/Rest

:15/:15

:30/:20

:45/:25

1:00/:30

:45/:25

:30/:20

:15

Warmdown

10:00 Stretching