

Home Workout 4/29/20

Warmup

5:00 Brisk Walk

1:00 Skipping

5:00 Lite Stretch

Set #1

Hopping – think Jump Rope

Find or make a line on the ground

2 Rounds

:30 hop front to back-two feet

:15 rest

:30 hop lateral (side to side)-two feet

:15 rest

:20 EACH single leg front to back

:15 rest

:20 EACH single leg lateral (side to side)

:15 rest

:30 front-right-back-left-repeat

2:00 rest

Set #2

10x

SPRINTS

:15 Run-SPRINT

:45 Walk

Set #3

3 Rounds

1x10 Pull-Ups (or Weighted Rows – place a weight on your chest)

1x10 Pausing Squat Jumps – full squat, pause :02, explosive jump, land in squat

1:00 Plank on Hands – flat back and shoulder blades

:30 superman hold

:30 Wall-Sit – legs at 90 degrees, no hands on knees

Warmdown

5:00 Moderate Walk

5:00 Stretching