

Home Workout 4/3/20

Warmup

3 Rounds – Take Your Time

25ft Bear Crawl - slow

25ft Crab Walk – slow

25ft Lunge Walk

6 Push-Ups, on Knees (or wall)

Main Set “Perfect 10”

AMRAP 30:00 (As Many Rounds As Possible – in 30:00)

Score = Rounds + Reps

Ex: if you make it 3 full rounds and 4 reps into exercise 3, your score is 3+24

1) 10 Jumping Jacks	6) 10 Reverse Lunges
2) 10 Bicycles (10 each leg)	7) 10 Leg Lifts
3) 10 Push-Ups	8) 10 Tuck Jumps
4) 10 High Knees (Each Leg)	9) 10 Air Squats
5) 10 Tuck-Ups (Suitcases)	10) 10 Burpees

Warmdown

5:00 Walk, 5:00 Stretch