

Home Workout 4/6/20

Warmup

3 Rounds

2:00 Cardio – Descend by Round, starting very easy

1:00 Stretching

20 Sit-ups

Main Set – Mileage Monday

3 Rounds – Descend Cardio by Round

-Example: if running...run further each round in the same time frame

10:00 Cardio – choice of exercise (run, bike, skate, jump rope, kick in backyard pool against the wall, whatever...)

1:00 rest

3:00 ABS – without stopping, can change movements as desired

2:00 rest