Home Workout 4/9/20

Warmup
3 Rounds – slow pace
3 Spiderman + Reach (Each Side) – [click for demo video](https://www.youtube.com/watch?v=i_LpHw1IL3M)
25ft Lunge Walk + Overhead Reach
3 Inch-Worms

Main Set
25:00
10 Air Squats
50ft Crab Walk – not for speed
20 Air Squats
50ft Bear Crawl – not for Speed, HIPS LOW
30 Air Squats
400m (1/4 mile) Run
…repeat the above until the time limit is reached