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