Home Workout 5/1/20

Warmup  
3 Rounds  
10 Squats – FULL Squats (boys)  
10 Situps – slow on the way down  
10 Walking Lunges

5:00 Stretching

Main Set – FOR A TIME

50-40-30-20-10…of each, alternating exercises  
[Weighted Thrusters](https://www.youtube.com/watch?v=DXCLsNe6h18) – use a dumbbell, backpack, dufflebag, log, whatever…  
Choice of Plank (double the # for seconds – 50=1:40), Situps or Leg Lifts

How the workout goes: 50 Thrusters, 50 Abs, 40 Thrusters, 40 Abs, etc…

Warmdown  
5:00 Moderate Walk  
10:00 Stretching