Home Workout 5/11/20

Warmup  
3 Rounds  
10 Squats  
10 Situps  
10 [Lunge+Twist](https://www.youtube.com/watch?v=0xTpIQaPjYs)

Set #1  
10:00 Cardio of Choice – run, bike, row, jump rope, skip, etc

Set #2  
15:00 Strength Cardio

* Choose 3 Movements
  + 1 of: Squats (weighted), Reverse Lunges (weighted), Split Jumps, Broad Jumps
  + 1 of : Regular Pushups, Narrow Elbow (Tricep) Pushups, or wide stance pushups
  + 1 of: Situps, Leg Lifts, Flutter Kick, Toe Touches, Bicycle

Perform 1 Rep of Each, then 2, then 3, then 4, etc

Set #3

* Choose 1 Movement Only
  + Pushups, Situps, Squats, Rows
* Perform 1 set to failure

Warmdown  
5:00 Walk  
5-10:00 Stretching