

## Home Workout 5/12/20

### Warmup

3 Rounds

25y Skipping

4 Push-Ups on Knees or Wall

25y Skipping

10 Situps

10 Squats

### AMARP 20:00 (As Many Rounds As Possible)

1. 30 Reverse Lunges (15 ea side) DO NOT SPRINT and use bad form  
20
2. Alternate Rows and Pushups by Round
  - a. Pushups: 10
  - b. Rows: 20 (or stretch band rows if body weight is too much)
3. 10 Tuck-Ups (or "suitcases" – a V-Up without the V part)

### Active Recovery

7:00 Lite Cardio (Jog, Jump Rope, Row, Bike, etc)

### Bonus Core Work

Plank Pyramid – Work/Rest

:15/:15

:30/:20

:45/:25

1:00/:30

:45/:25

:30/:20

:15

### Warmdown

10:00 Stretching