Home Workout 5/14/20

Warmup
3 Rounds
10 Squats
10 curl+press (using roughly 5lbs per hand)
10 Bent Over Lateral arm raises – out to the side
10 Calf Raises

Main Set – “Pack Your Bags 2”
grab a backpack, duffle bag, or any sturdy bag and fill it with some weight:
 -Senior Boys = 25-30lbs, Senior Ladies = 20-25lbs
 -Age Group Boys & Girls 15lbs
Also needed: 1 SMALL weight ( 5-15lbs)

4 Rounds
1x15 Bent Over Row – [demo](https://www.youtube.com/watch?v=kkSAc-qvsAU)
1x15 Romanian Deadlift - [demo](https://www.youtube.com/watch?v=zlPDMykne5w)
1x15 Squat + Press - [demo](https://www.youtube.com/watch?v=jrHShJW18QY)
1x10 (each leg) Twisting Lunge (use SMALL weight for this)- [demo](https://www.youtube.com/watch?v=pnXpXbIQSjQ)
1x5 (each side) Lateral Pull + Spider Pushup - [demo](https://www.youtube.com/watch?v=gNvkm_DqiwM)
1x5 (each side) T-Stablization Pushups - [demo](https://www.youtube.com/watch?v=TvbYLgUGKlI)
1x15 Sumo Deadlift + High Pull - [demo](https://www.youtube.com/watch?v=a4vZxb-oztI)

ABS
Accumulate 6:00 of active AB work (no planks this time), resting as needed.

Warmdown
7:00-10:00 stretching