

Home Workout 5/15/20

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 Squats – use a dumbbell, backpack, dufflebag, log, whatever...

Bicycle (Left+Right=1 rep), Situps or Flutter Kick-large amplitude (Left+Right=1 rep),

How the workout goes: 50 Squats, 50 Abs, 40 Squats, 40 Abs, etc...

Warmdown

5:00 Moderate Walk

10:00 Stretching