Home Workout 5/16/20

Re-Test from 2 weeks ago

Warmup – 10:00 On The House

Main Set  
2 Rounds

10:00 Cardio of choice – run, bike, jump rope, row, skipping, etc  
 AND – every 2:30 you stop your cardio and perform 15 Air Squats, then  
 continue back with the cardio (including at the 10:00 mark)

25 yard EACH

1. Skip for distance
2. Skip for Height
3. Speed Skipping

Cash Out set  
100 Yard “[Odd Object Carry](https://www.youtube.com/watch?v=67RQy1sSDak)” – see video for proper form and how to hold the object on your chest, not down by your belly  
 Weight should be fairly heavy (ie: senior boys=20-25lbs, senior girls=15-20lbs)

Warmdown  
10:00 Stretch