

Home Workout 5/4/20

Warmup

5:00 Moderate-Brisk Walk

25y Skipping

25y Lunge Walk – slow

25y Skipping

25y Bear Crawl

2x10 Knee or Wall Pushups – Slow and Controlled

Main Set(s)

AMRAP 5:00 – As Many Rounds As Possible in 5:00

20 Bicycle Abs

1 Burpee

10 (Each Leg) Reverse Lunges

1 Burpee

5 Air Squats

1 Burpee

1 Broad Jump

AMRAP 5:00 – As Many Rounds As Possible in 5:00

:30 Plank

1 Squat Jump

50 Jump Rope (or 25 Double Under Jump Rope)

1 Squat Jump

8 Pushups

1 Squat Jump

4 Tricep Pushups

Rest 3:00

AMRAP 5:00 – As Many Rounds As Possible in 5:00

20 Toe Touches

4 Split Jumps (start and finish in a lunge, switching after the jump before landing)

10 Thrusters – holding approx. 15-30lbs (Squat-Stand-Overhead Press)

4 Split Jumps (start and finish in a lunge, switching after the jump before landing)

10 Pull-Ups or Rows

Bonus ABS

5:00 of Planking – Rest as needed

Warmdown

10:00 of Stretching