

## Home Workout 5/6/20

### Warmup

3 Rounds

1:00 Jog

10 Frankenstein Steps

10 Forward Lunge Steps with overhead stretch

10 Sit-ups

### Main Set – For A Time

Jump Rope

Sets of 10-20-30-40-50-60-70-80-90-100

- After each set (10, 20, 30, etc) complete 10 Situps
- EVERY time you stop Jumping Rope in the middle of a set, ie: mess up or rest...complete a bonus 10 Leg Lifts
- If you do not have a Jump Rope – 15 situps between each set and pretend you have a jump rope
- If you are skilled enough to do Double Under Jump Rope (two rope revolutions per jump – you can cut the reps in half each round-not the situps)

### Bonus Planks

:15, :30, :45, 1:00, :45, :30, :15 with :20 rest between each

### Warmdown

10:00 Stretching