

Home Workout 5/7/20

Warmup

3 Rounds

1:00 Jog

10 Frankenstein Steps

10 Forward Lunge Steps with overhead stretch

10 Sit-ups

Leg Set #1

1xSUPER LEGS – see below for movement ideas

(70 reps unbroken: 20 Squats, 20 choice, 20 choice, 10 Squat Jumps)

Main Set

3 Rounds

:30 Plank – On Elbows

50 Jumping Jacks – touch hands overhead

:20 Plank – Right Side

10 Broad Jumps for Distance – 1 at a time, rest as needed between

:20 Plank – Left Side

10 Tuck Jumps – try and get arms around your knees at the top

30 Mountain Climbers

:30 Plank – On Hands

2:00 Rest

Bonus Leg Set

1xSUPER LEGS **Directly into 400m Run-FAST**

(70 reps unbroken: 20 Squats, 20 choice, 20 choice, 10 Squat Jumps)

“Choice” Options: Squats, Lunges, 45 degree lunges, lateral lunges, reverse lunges, split jumps, skaters, speed skaters, butt busters(30 sec each leg), single leg squats (one foot up on bench behind you)

Warmdown

5:00 Walk

7-10:00 Stretch