

## Home Workout 5/8/20

### Warmup

2:00 Brisk Walk

5:00 Stretch

2:00 Jog

5:00 Stretch

### Primary ABS

5:00 Planking – rest as needed

### Main Set – Choice of Cardio Exercise (mix multiple if desired)

Descend effort on the “work”

5:00 Work

1:00 Walk + 6 Pushups

4:00 Work

1:00 Walk + 6 Pushups

3:00 Work

1:00 Walk + 6 Pushups

2:00 Work

1:00 Walk + 6 Pushups

1:00 Work

1:00 Walk + 6 Pushups

:30 CASH OUT SPRINT

5:00 Walk

### Secondary ABS

100 Situps

### Warmdown

5:00-10:00 Stretching