Home Workout 5/9/20

Warmup
2 Rounds
2:00 Moderate Walk or Jog
10 Squats
10 [Walkouts](https://www.youtube.com/watch?v=R6SMJ-TzgZo&t=13s)
10 situps

Main Set
FOR A TIME – 300 Squats
ALSO – every 1:30 you must stop your burpees and perform a :30 Plank

Warmdown
10:00 stretching