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