Workouts

Upper Body	Warmup		
	 50 jumping jacks 		
	80 jump ropes		
	10 burpees		
	Arms		
	2 sets of:		
	10 bicep curls (5 each arm with 8 lb weights) 10 triang systems (Altitle 9 lb are divised to all)		
	10 tricep extensions (With 8 lb medicine ball)		
	8 front raises (With 5 lb weights)		
	Chest		
	3 sets of:		
	• 6 pushups		
	Abs 1 sets of:		
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	15 crunches10 leg raises		
	45 sec plank 30 sec side plank (Each side)		
	30 sec side plank (Each side) Cooldown		
	Cooldown ■ 20 sec shoulder stretch		
	20 sec tricep stretch 20 sec bicep stretch		
	 20 sec bicep stretch 20 sec above the head chest stretch 		
	20 sec above the head chest stretch 20 sec cobra stretch		
	20 Sec coma stretch		
Lower Pody	Warmun		
Lower Body	Warmup 50 jumping jooks		
	50 jumping jacks 90 jump ropes		
	80 jump ropes 10 hurrops		
	• 10 burpees		
	Legs 2 sets of:		
	• 10 squats		
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	10 squats with 8lb medicine ball10 lunges		
	20 squat pulses		
	Hold squat for 45 sec		
	Cooldown		
	25 sec hamstring stretch		
	25 sec flamingo stretch		
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Speed	Warmup		
- Openius	50 jumping jacks		
	80 jump ropes		
	10 burpees		
	Speed		
	Sprint uphill 10 times		
	Cooldown		
	25 sec hamstring stretch		
	25 sec flamingo stretch		
Cardio	Warmup		
	50 jumping jacks		
	80 jump ropes		
	• 10 burpees		
	Cardio		
	Jog 2 laps around neighborhood		
	Cooldown		
	25 sec hamstring stretch		
	25 sec flamingo stretch		