The work out

These work outs are designed and are capable of being done in house or in a gym. There are 2 parts to this work out, one with equipment one without.

Part 1

1. Warm up- Half squats, 15 reps, meaning you are not doing a full squat, just bending the knees to 45 degrees. Static hold in plank position (push up position) hold for 20 seconds. Crunches 15 reps. Repeat all of these exercises for 5 minutes non stop. When you are done rest 2 min.
2. The work out, if you have a jump rope, do so for 2 minutes, if you don’t jumping jacks for 1 minute.
3. 5 minute AMRAP( As Many Reps As Possible) 5 squats full, 5 situps , 5 push ups. Set the clock for 5 minutes and rock out( you are not resting at all until the 5 minutes are up).
4. Rest 2 minutes
5. 5 min AMRAP 9 chair Dips, 12 jump squats, 15 double crunches. Done.

Remember to hydrate yourself throughout your work out and throughout the day. Also remember to drink Half your body weight in ounces a day. Eat well, eat colorful, that doesn’t mean have all flavors of Jolly ranchers. It means don’t just eat your usual staples of food. Eat more fruit and vegetables, fish and poultry.

Train hard and Never Give Up!!