

# Workout #4, Date: 04-29-2020, Level 5

Focus Area: core, Estimated Time: 50 minutes

## Warm Up!

Take 5-10 minutes to stretch out and get the blood flowing!

## Legs - 10 minutes

### 2 sets of the following:

Jumping squats x15 reps

Side lunge into jump x20 reps. Half reps on each leg

Forward / backward lunges x10 reps. Half reps on each side

## Upper Body - 18 minutes

### 2 sets of the following:

Spider man push ups x16 reps. Raise knee to elbow at the bottom of the push up. Half reps on each side

Scapular Squeezes x15 reps. Back against wall, hands raised. Pull elbows past 90. Squeeze back HARD.

Offset push ups x24 reps. One hand above head other hand at hip. Half reps on each side

## Core - 22 minutes

### 2 sets of the following:

Situps x30 reps. Try to move feet as little as possible

Plank 4 rounds of 50 on, 10 off. Keep both hands flat against the ground

Flutter kicks x100 reps. Keep arms outstretched.

Situps with twist x30 reps. Twist at top of rep. Switch sides every 5 reps