

Workout #3, Date: 04-29-2020, Level 4

Focus Area: legs, Estimated Time: 46 minutes

Warm Up!

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

Legs - 18 minutes

2 sets of the following:

Lunge to knee drive x10 reps. Reverse lunge into knee drive to chest. Half reps on each side

Squats x15 reps

Lunges x20 reps. Half reps on each side

One legged squats x8 reps. Half reps on each side

Upper Body - 18 minutes

2 sets of the following:

Spider man push ups x10 reps. Raise knee to elbow at the bottom of the push up. Half reps on each side

Offset push ups x16 reps. One hand above head other hand at hip. Half reps on each side

Scapular Squeezes x10 reps. Back against wall, hands raised. Pull elbows past 90. Squeeze back HARD.

Core - 10 minutes

1 set of the following:

Side plank on arm with raised leg 4 rounds of 40 on, 20 off. Half rounds on each side

Situps with twist x20 reps. Twist at top of rep. Switch sides every 5 reps

Mountain climbers fast x50 reps. Half reps on each leg

Scissor kicks x80 reps.