

Workout #1, Date: 04-28-2020, Level 3

Focus Area: legs, Estimated Time: 45 minutes

Warm Up!

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

Legs - 18 minutes

2 sets of the following:

Wall sits 4 rounds of 45 on, 15 off

Skater Hops x12 reps. Hop side to side ~5 ft. Backflag as far as you can w/o losing balance

Lunges x20 reps. Half reps on each side

Upper Body - 9 minutes

1 set of the following:

Wide push ups x10 reps

Hand stand holds 4 rounds of 30 on, 30 off

Burpees with pushups x20 reps

Core - 18 minutes

2 sets of the following:

Scissor kicks x50 reps.

Plank 4 rounds of 45 on, 15 off. Keep both hands flat against the ground

Leg lifts x15 reps. Arms outstretched. Don't let your feet touch the ground between reps.

V-ups x12 reps.