

Workout #2, Date: 04-29-2020, Level 3

Focus Area: upper body, Estimated Time: 46 minutes

Warm Up!

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

Legs - 12 minutes

1 set of the following:

One legged squats x4 reps. Get as low as you can. Half reps on each side

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

Upper Body - 18 minutes

2 sets of the following:

Tricep dips x15 reps. Find a chair or slightly elevated surface for these.

Push ups x10 reps

Hand stand holds 4 rounds of 30 on, 30 off

Diamond push ups on knees x15 reps

Core - 16 minutes

1 set of the following:

Bicycles x50 reps. Half reps on each side

Side plank 4 rounds of 45 on, 15 off. Half rounds on each side

Mountain climbers slow x6 reps. Short hold against chest and both elbows. Half reps on each leg

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