

# Workout #1, Date: 04-28-2020, Level 5

Focus Area: upper body, Estimated Time: 40 minutes

## Legs - 8 minutes

### 1 set of the following:

One legged squats x12 reps. Half reps on each side

Lunge jumps x16 reps. Jump from one lunge into the next lunge. Do these FAST

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

## Upper Body - 18 minutes

### 2 sets of the following:

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

Burpees with pushups x15 reps

Hand stand pushups x15 reps

## Core - 14 minutes

### 1 set of the following:

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

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

Mountain climbers slow x10 reps. 3 second hold against chest and both elbows. Half reps on each leg

V-ups x20 reps