

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

Focus Area: legs, Estimated Time: 46 minutes

## Warm Up!

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

## Legs - 24 minutes

### 4 sets of the following:

In and out squat jump x10 reps. Jump between a normal and wide squat. In and out is 1 rep

Squat Rocks x10 reps. In squat, rock from your heels to your toes

Side lunges x12 reps. Half reps on each leg

Jumping squats x10 reps

## Upper Body - 12 minutes

### 2 sets of the following:

Side-Walking Plank x10 reps. In push-up position, cross left over right then cross back to push-up.

Plank rows x16 reps. In push-up position, bring elbow straight up to side. Half reps on each arm

Slow arm circles x10 reps. Arms outstretched, small weight in each hand, make slow, small circles.

## Core - 10 minutes

### 2 sets of the following:

Russian Twists x20 reps. Both legs up, twisting to both sides is 1 rep.

Plank walks x10 reps

Bicycles x30 reps. Half reps on each side

Situps x15 reps