

Workout #1, Date: 04-28-2020, Level 4

Focus Area: core, Estimated Time: 43 minutes

Legs - 13 minutes

1 set of the following:

Wall sits 4 rounds of 45 on, 15 off

Lunges x20 reps. Half reps on each side

Hindu Squats x15 reps

One legged squats x8 reps. Half reps on each side

Upper Body - 10 minutes

1 set of the following:

Wide push ups x15 reps

Burpees with pushups x15 reps

Push ups x15 reps

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

Core - 20 minutes

2 sets of the following:

V-ups x15 reps.

Hollow hold 6 rounds of 15 on, 15 off. Hold arms in a T or out in front

Situps x25 reps. Try to move feet as little as possible

Flutter kicks x100 reps. Keep arms outstretched. Only lower back should be touching the ground