

Workout #9, Date: 03-29-2020

Focus Area: legs, Estimated Time: 57 minutes

Warm Up!

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

Legs

3 sets of the following:

Wall sits 5 rounds of 45 on, 15 off

Jumping squats x15 reps

One legged squats x10 reps. Half reps on each side

Side lunges x20 reps. Half reps on each leg

Upper Body

1 set of the following:

Spider man push ups x10 reps. Raise knee to elbow at the bottom of the push up. Half reps on each side

Offset push ups x10 reps. Half reps on each side

Core

1 set of the following:

V-ups x15 reps.

Scissor kicks x100 reps.

Bicycles x50 reps. Half reps on each side

Situps x15 reps