

Workout #16, Date: 03-30-2020

Focus Area: legs, Estimated Time: 60 minutes

Warm Up!

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

(Medium) Legs - 42 minutes

2 sets of the following:

Side lunges x20 reps. Half reps on each leg

Squats x10 reps

One legged squats x10 reps. Half reps on each side

Lunges x20 reps. Half reps on each side

Side lunges x20 reps. Half reps on each leg

Wall sits 5 rounds of 45 on, 15 off

Squats x10 reps

Side lunges x20 reps. Half reps on each leg

(Medium) Upper Body - 8 minutes

2 sets of the following:

Burpees x10 reps

Tricep dips x10 reps

(Easy) Core - 10 minutes

2 sets of the following:

Russian Twists x20 reps.

Mountain climbers fast x30 reps. Half reps on each leg

Bicycles x50 reps. Half reps on each side

V-ups x15 reps.