

# Workout #13, Date: 04-29-2020, Level 2

Focus Area: core, Estimated Time: 44 minutes

## Legs - 16 minutes

### 2 sets of the following:

Side lunges x16 reps. Half reps on each leg

Skater Hops x10 reps

Wall sits 4 rounds of 40 on, 20 off

## Upper Body - 6 minutes

### 1 set of the following:

Push ups on knees x15 reps

Tricep extensions x20 reps. With small weights, bend over slightly and extend arms back until straight

Wide push ups on knees x10 reps

Wide push ups on knees x10 reps

## Core - 22 minutes

### 2 sets of the following:

Situps x20 reps

Supermans x15 reps

Plank 4 rounds of 40 on, 20 off

Leg lifts x15 reps. Hands under butt. Don't let your feet touch the ground between reps.

Supermans x15 reps

V-ups x10 reps.