

Workout #1, Date: 04-28-2020, Level 2

Focus Area: core, Estimated Time: 49 minutes

Warm Up!

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

Legs - 5 minutes

1 set of the following:

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

Calf raises x15 reps

Jumping Jacks x30 reps

Side lunges x20 reps. Half reps on each leg

Upper Body - 18 minutes

3 sets of the following:

Burpees without pushups x15 reps

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

Hand stand holds 3 rounds of 20 on, 40 off

Core - 26 minutes

2 sets of the following:

V-ups x10 reps.

Mountain climbers fast x50 reps. Half reps on each leg

Plank 4 rounds of 45 on, 15 off

Situps x20 reps

Plank 4 rounds of 45 on, 15 off