

Monday, May 11

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	20		1	
Arm Circles	10		1	Forward/Backward
High Knees		30 Sec	1	
Burpees	10		1	

Workout – 10 minutes – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Hinge Push-up	10			https://www.youtube.com/watch?v=FTeV0NA3JYY
Air Squat	20			
Hand Release Push-up	10			

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Standing Quad Stretch		20 Sec		
Standing Hamstring Stretch		20 Sec		
Seated Groin Stretch		20 Sec		

Wednesday, May 13

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Walking Knee Hug		10 Yds	1	
Walking Quad Stretch		10 Yds	1	
Stationary Reverse Lunge			1	
Burpees	10			

Workout – 20 minutes – No rest. Continuously work, but for QUALITY.

Exercise	Reps	Distance/Time	Sets	Notes
Bulgarian Split Squat	10			Alternate.
https://www.youtube.com/watch?v=2C-uNgKwPLE				
Russian Twist	20			
High Plank		20 Sec		

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Standing Quad Stretch		20 Sec		
Standing Hamstring Stretch		20 Sec		
Seated Groin Stretch		20 Sec		

Arm Circles

20 Sec

Forwards and Backwards.

Friday, May 15

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Split Squat		30 Sec	2	Start in lunge position and squat. Alternate.
Traveling Push-Up	10		2	Move your right hand and place it over your left hand. Your hands will now be crossed. Move your left hand back to the push-up position. Perform a push-up in this position. 10 push-ups in one direction = 1 set.

Workout – 4 rounds x 30 sec each exercise. Rest for 1 minute between rounds.

Exercise	Reps	Distance/Time	Sets	Notes
Plank		30 Sec		High or Low Plank
Air Squat		30 Sec		
Plank		30 Sec		High or Low Plank
Tricep Dip		30 Sec		
Plank		30 Sec		High or Low Plank
Stationary Lunge		30 Sec		
Plank		30 Sec		High or Low Plank

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Standing Quad Stretch		20 Sec		
Standing Hamstring Stretch		20 Sec		
Seated Groin Stretch		20 Sec		
Arm Circles		20 Sec		Forwards and Backwards.