

Monday, April 27

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 – 5 rounds. Rest 3 minutes between each round.

| Exercise | Reps | Distance/Time | Sets | Notes |
|----------------------|------|---------------|------|-------|
| Push-up | 20 | | 5 | |
| Sit-ups | 30 | | 5 | |
| Air Squat | 40 | | 5 | |
| Tricep Dips | 10 | | 5 | |
| Russian Twist | 20 | | 5 | |

Warm-Down

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

Wednesday, April 29

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-5 rounds of 30 seconds each exercise.

| Exercise | Reps | Distance/Time | Sets | Notes |
|-------------------------|------|---------------|------|---|
| Low Plank | | 30 Sec | | |
| Air Squat | | 30 Sec | | |
| High Plank | | 30 Sec | | |
| Push-up | | 30 Sec | | |
| Left Side Plank | | 30 Sec | | |
| Stationary Lunge | | 30 Sec | | Alternate legs. |
| Right Side Plank | | 30 Sec | | |
| Hollow Rock Hold | | 30 Sec | | https://www.youtube.com/watch?v=YA6rA6FC054 |

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 1

Dynamic Warm-Up – No rest.

| Exercise | Reps | Distance/Time | Sets | Notes |
|--------------------------|------|---------------|------|--|
| Split Squat | | 30 Sec | 3 | 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 – Alternate Every Minute on the Minute x 12 Minutes.

| Exercise | Reps | Distance/Time | Sets | Notes |
|----------------|------|---------------|------|---|
| Burpees | 15 | | | Even minutes. Example 2 nd minute, 4 th minute. |
| Sit-ups | 20 | | | Odd minutes. Example 1 st minute, 3 rd minute. |

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. |