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Thursday, March 19th

Workout #1

Light running for 5 minutes

Three sets of 30-30-30

Three sets of 12 Burpees with push ups

Wall sits for 90 seconds; three sets

Bench dips (triceps and shoulders) grab two chairs; Three sets of 12-15 reps

Planks (elbows to hands) make sure you switch lead half way through 3s X 10 reps

Quadruped holds. On all fours and lift knees off ground about two inches. Hold for 45 seconds and do three sets

Cross laterals (also know as bird dogs) Three sets of 20

Abs!! My favorite; 60-40-60 (crunches, toe touches, bicycles) work to get 3 sets!

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