

Thursday, March 19, 2020

Workout #2

1. Warm up is Farmers Walks; Holding a chair by its legs and holding it over head. Walk 6-8 houses down and turn around! You might get funny looks but no one will stop you :-)
2. Inch worms. Normally we have a whole gym floor to go down and back. Find a place to do two full plank extensions and back to pike. Do a total of 10 reps
3. Body squats: 3 sets of 30 reps. Control the decent and keep heels on the ground.
4. Split lunge jumps: Three sets of 20 reps. Ten reps each side per set.
5. Push ups. Staggered hands and alternating every sequence of numbers 5-5,3-3,2-2 times three sets
6. Mountain climbers: three sets of timed movement. 45 seconds each
7. One area side planks. Be sure to follow head to ceiling when taking arm up to the sky! Alternating left and right. Sets of 16 reps times 3 sets
8. Stiff arm plank and using a scapula contraction to work rhomboids and upper back. Three sets of 15 reps.
9. Supine position with hands under butt and legs about 6 inches off floor, Scissor movement to work lower abs. times for 20-25 seconds each set times three sets.
10. Russian twists. If you have weight to hold great! If not then do 50 reps times three sets