

March 23, 2020

Warm Up:

Take 10 minutes to work through your body head to toes! Stretch it out!

Light Cardio:

3x

30 seconds jumping jacks

30 seconds sky jacks

30 seconds low knee jog

30 second high knee jog

Core:

3x

1:00 scissor kick

1:00 heel touches

1:00 plank

Lower Body:

3x

15 squats

10 right leg squats

10 left leg squats

Upper Body:

3x

10 tricep push ups

1:00 air punches

1:00 tricep pull back with a stretch cord

Cardio:

3x

30 x squat jumps

1:00 high knee

Don't forget to loosen up and stretch!