

Today's workout.

Same format as last Thursday.

I thought it was a good ratio between work and rest.

Warmup - 5 mins

Circuit 10 x 30 secs. exercise, 15 secs. rest. x 3 rounds;  
1 min rest between rounds

1. Squat Drops
2. Side Bounds
3. Pushups- Regular and Tricep pushups alternating
4. Hamstring Raises- alternating
5. Dead Bug
6. Mountain Climbers
7. Triangle bounds
8. Shoulder Arm Raise Against Wall
9. Split Jump Squats
10. Plank Alt. Shoulder Touches

See you all at 6pm!!