

## **ZOOM Workout #3:**

Hey all you cool cats and kittens...

Workout for today:

5 minute warmup: will include some skip rope

10-4 Pyramid workout: Pyramid of 4 exercises up to set of 10 and back down.

So, do every exercise below 1 time, 2 times, 3 times, 4 times, 5 times, 6 times, 7 times, 8 times, 9 times, 10 times, and then back down to 1.

Essentially you will be doing each of the below exercises 100 times.

Woahhhh!!! We should be able to complete in 25 minutes, but we will see how we are progressing as the workout goes on.

1. Pushups
2. Squat Jumps
3. Plank Reach
4. Hamstring Bridge Raises

Janelle Bekkering is inviting you to a scheduled Zoom meeting.

Topic: Workout #3 - Vision Gal Pals

Time: Apr 16, 2020 06:00 PM Edmonton