

ZOOM Workout #4:

Today's workout will be the below:

5 min warmup/explain exercises

20 min workout - 2 x rounds of 45 secs, 15 secs rest (get ready for next exercise) between exercises of the below:

1. Skip rope (or high knees/butt kicks for those who do not have skip rope)
2. Plank - Elbows to Hands alternating
3. Single Leg RDL's (with weights if you have them)
6. Side Arm Raises
5. Mountain Climbers
7. Squat (with weights if you have them)
8. Dead Bug
8. Burpees
9. Single Leg Squats
10. Tricep Dips

5 min cool down

Can't wait! See you all at 6:00pm!

Janelle Bekkering is inviting you to a scheduled Zoom meeting.

Topic: Workout #4 - Vision Gal Pals

Time: Apr 21, 2020 06:00 PM Calgary