

## ZOOM Workout.9

Today's workout will be another circuit with the below format:

40 seconds work - 20 seconds rest

30 seconds work - 15 seconds rest

20 seconds work - 10 seconds rest

We will do this for 10 exercises that will be announced at time of workout.

See you guys at **5:00pm tonight!!!**

1. Alternating Shoulder Touch Plank to Pushup
2. Plank In and Outs
3. Wall Sit
4. Bookbag Squats
5. Right side Plank Reaches
6. Left Side Plank Reaches
7. Split Squats
8. Side Arm Raise Holds
9. Burpees
10. Player's Choice (pick your fav. exercise!)