

Thursday, May 20, 2021

Today's workout:

6 exercises; 30 secs on; 15 secs rest; x 5 reps; 15 secs rest between reps.

30 seconds on; 15 seconds rest; x 5 reps; 15 secs between reps:

1. Push-ups
2. Burpees to Squats
3. Triceps – use stairs, a chair or weights
4. V Sits - arms together at top, arms wide apart at bottom
5. Alternating Lunges
6. Dead Bugs - opposite hand, opposite leg

Video is posted if you'd like to view the last 3 reps (close this document & open the next one)

