

WORKOUT LOG

Video Workout - Beginners Challenge

Focus: Beginner workout to engage entire body and develop cardio base.
Coronavirus edition!

Date: 4/6/2020

Duration: 30 mins/40 mins

Warm Up: 6

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
CW	Arm Circles	30 secs	0	2	6	Small to big circles. Front and back.
	Cross Body Reach	30 secs				Gentle and easy to loosen back and shoulders.
	Squats	30 secs				Feet slightly wider than hips. Press hips back into squat.
	High Knees	30 secs				March first set, add hop second set.
	Butt Kicks	30 secs				Gentle first set, add hop second set.
	Jumpin Jacks	30 secs				Sit up pos. Lift hips high, lower to just above floor, repeat.

Work Out: 26 Complete each station, then repeat. Rest 30 secs between stations. Rest 1 minute between sets.

	Exercise	Reps	Rest	Sets	Duration	Notes
Station 1	Squat	45 secs	15	2	26	Hips back. Weight in heels.
	Squat Alternating Knee Drive	45 secs				Squat. When stand, drive knee to center. Alternating legs.
	Long Jump	45 secs				Jump far. Thress steps back. Repeat.
Station 2	Front Lunge - R	45 secs	15	2	26	Step front with right leg into lunge. Chest up.
	Reverse Lunge - R	45 secs				Step side with right leg into lunge. Chest up. Weight in heal.
	Box Drill - R	45 secs				Stand on right leg. Hop front, hop right, hop back. Repeat.
Station 3	Front Lunge - L	45 secs	15	2	26	Step front with left leg into lunge. Chest up.
	Reverse Lunge - L	45 secs				Step side with left leg into lunge. Chest up. Weight in heal.
	Box Drill - L	45 secs				Stand on left leg. Hop front, hop left, hop back. Repeat.
Station 4	Leg Raise	30 secs	15	2	26	Lie on back, hands under tush. Legs straight up. Lower, return.
	Reverse Crunch	30 secs				Lie on back, knees bent. Bring legs toward chest at 90. Lower.
	Bicycles	30 secs				Lie on back, knees at 90. Oppiste elbow to knee, switch.
Station 5	Mod Push Ups	45 secs	15	2	26	From knees. Keep elbows in to ribs. Straight back.
	Mod Up/Down	45 secs				From knees. Lower right arm to forearm, lower left arm. Return.
	MB Slams	45 secs				Use ball or pillow. Raise above head. Use entire body to slam.

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Cool Down/Stretching:

5

	Exercise	Reps	Rest	Sets	Duration	Notes
1	Hip Openers		30 secs	2	5	Rotate out 15 secs. Rotate in 15 secs.
2	Butt Kicks		30 secs			Gentle and easy to stretch quads.
3	Standing Toe Touch		30 secs			Feet together. Bend over and touch toes (or as low as you can).
4	Spread Legs - Reach Down/Left/Right		30 secs			Standing, spread legs into V. Gentle stretch center, left, right
5	V Sit - Reach Center/Left/Right		30 secs			Sit, spread legs into V. Gentle stretch center, left, right. Repeat.