

WORKOUT LOG

Video Workout - Lunges All Day

Focus: Focus on body weight movements to strengthen legs - quads, glutes, hip flexors. Coronavirus edition!

Date: 3/22/2020

Duration: 15 mins/25 mins

Warm Up: 5

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
CW	Arm Circles	30 secs	0	2	5	Small to big circles. Front and back.
	Hip Openers	30 secs	0	2		Rotate out 15 secs. Rotate in 15 secs.
	Squats	30 secs	0	2		Sit back leading with butt. Knees track over toes.
	Alt Lunges	30 secs	0	2		Step Forward. Chest Up.
	High Knees	30 secs	0	2		First time marching. Second time add hop.

Work Out: 15

	Exercise	Reps	Rest	Sets	Duration	Notes
C1	Front Lunge - R	30 secs	0	3	15	Step front w/right leg, lunge, return. Repeat. In place
	Lat Lunge - R	30 secs				Step out right, lunge, return. Repeat.
	Reverse Lunge - R	30 secs				Step back w/right leg, lunge, return. Repeat. In place
	30 secs rest					
	Front Lunge - L	30 secs				Step front w/left leg, lunge, return. Repeat. In place
	Lat Lunge - L	30 secs				Step out left, lunge, return. Repeat.
	Reverse Lunge - L	30 secs				Step back w/left leg, lunge, return. Repeat. In place
	30 secs rest					
	Jump Lunge - Alt	45 secs				Step front right lunge. From lunge, jump up and switch legs, land in left lunge. Repeat.

Cool Down/Stretching: 5

	Exercise	Time	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.