

# WORKOUT LOG

Online Video Workout - Super Quick Arm Leg Combo

**Focus:** Focus on body weight movements to strengthen and tone arms.  
Coronavirus edition!

**Date:** 3/24/2020

**Duration:** 20 mins/30 mins

**Warm Up:** 5

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
<b>CW</b>	Arm Circles	30 secs	0	2	5	Small to big circles. Front and back.
	Jumping Jacks	30 secs				Slow increase heart rate and circulation.
	Cross Body Reach	30 secs				Gentle and easy to loosen back and shoulders.
	Plank Jacks	30 secs				Gentle and easy to loosen quads.
	Overhead Tri Stretch	30 secs				Reach arm overhead touch opposite shoulder. Use opp hand to pull.

**Work Out:** 20

	Exercise	Reps	Exercise	Reps	Notes
<b>C1</b>	Mod Push Up	1	Mod Push Up	6	Mod push up pos. Tap one hand front, side, back. Repeat opp arm.
	Squat	10	Squat	5	Press hips back. Knees over toes. Weight in heels.
	Mod Push Up	2	Mod Push Up	7	
	Squat	9	Squat	4	
	Mod Push Up	3	Mod Push Up	8	
	Squat	8	Squat	3	
	Mod Push Up	4	Mod Push Up	9	
	Squat	7	Squat	2	
	Mod Push Up	5	Mod Push Up	10	
	Squat	6	Squat	1	

**Cool Down/Stretching:** 5.5

	Exercise	Reps	Sets	Duration	Notes
<b>1</b>	Bridge	15 secs	2	1	Lift in bridge to counter stretch core.
<b>2</b>	Lying Rotational	15 sec ea side	2	1.5	Lie in situp pos. Gentle lower knees to one side. Switch.
<b>3</b>	Downward Dog	30 secs	2	1.5	Gentley stretch calves/hamstrings as feels good.
<b>4</b>	Child's Pose	30 secs	2	1.5	Don't short the stretches.