

WORKOUT LOG

Online Video Workout - Warm Up #1

Focus: General warm up to add before any workout. Coronavirus edition!

Date: 4/7/2020

Duration: 6 mins

Warm Up: 6 Repeat circuit 2x without rest.

	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.
	Hip Openers	30 secs				Rotate 15 secs in alternating legs. Rotate 15 secs out alternating legs.
	Squats	30 secs				Press hips back. Keep weight in heels.
	High Knees	30 secs				First set march with high knees. Second set add a hop.
	Jumping Jacks	30 secs				Big jacks!