

WORKOUT LOG

Online Video Workout - AMRAP #4

Focus: High intensity quick workout to test entire body and challenge cardio base. Coronavirus edition!

Date: 4/6/2020

Duration: 6 mins/20 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 hope second set.
	Butt Kicks	30 secs				Gentle first set, add hope second set.
	Jumpin Jacks	30 secs				Sit up pos. Lift hips high, lower to just abover floor, repeat.

Work Out:

7

	Exercise	Reps	Rest	Sets	Duration	Notes
AMRAP #1	Plank Up/Downs (Shoulder Taps)	6	0	1	7	Continuous for 7 mins. Choose pace can maintain throughout entire 7 mins.
	Plank Jacks	6				
	Wood Chop - R	6				
	Wood Chop - L	6				
	Jump Lunge w/Twist	6				

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.