

WORKOUT LOG

Video Workout - Arms, Legs, Core...Oh My!

Focus: Focus on body weight movements to achieve a total body workout.
Coronavirus edition!

Date: 3/28/2020

Time: 35 mins/45 mins

Warm Up: 5

	Exercise	Reps/Time	Rest	Sets	Duration
CW	Cross Body Reach	30 secs	0	2	5
	Alternating Lunges	30 secs	0	2	
	Squats	30 secs	0	2	
	Skaters	30 secs	0	2	
	Jumping Jacks	30 secs	0	2	

Work Out: 36

	Exercise	Reps	Rest	Sets	Duration
C1	Donkey Kick - R	45 secs	15 secs	2	10
	Fire Hydrant - R	45 secs			
	Donkey Kick - L	45 secs			
	Fire Hydrant - L	45 secs			
	Plank Jacks	45 secs			
C2	Straight Leg Crunch	45 secs	15 secs	2	8
	Leg Lifts	45 secs			
	Reverse Crunch	45 secs			
	Flutter	45 secs			
C3	Abductor Raise (Banded) - R	45 secs	15 secs	2	10
	Single Leg Deadlift - R	45 secs			
	Abductor Raise (Banded) - L	45 secs			
	Single Leg Deadlift - L	45 secs			
	Skaters	45 secs			
C4	Side Plank Oblique Crunch - R	45 secs	15 secs	2	8
	Plank Knee to Elbow	45 secs			
	Side Plank Oblique Crunch - L	45 secs			
	Plank Knee to Opposite Elbow	45 secs			

Cool Down/Stretching: 5

	Exercise	Time	Sets	Duration
1	Hip Openers	30 secs	2	5
2	Butt Kicks	30 secs		
3	Standing Toe Touch	30 secs		
4	Spread Legs - Reach Down/Left/Right	30 secs		
5	V Sit - Reach Center/Left/Right	30 secs		