

# WORKOUT LOG *Video Workout - Plyo 1 - Jack It Out - Beginner*

**Focus:** Focus on body weight movements to strengthen core.  
Coronavirus edition!

**Date:** 3/22/2020  
**Duration:** 15 mins/25 mins

**Warm Up:** 5

	Exercise	Reps	Sets	Duration	Notes
<b>CW</b>	Crossbody Reach	30 secs	2	5	Gentle/easy to loosen back and shoulders.
	Hip Openers				Rotate out 15 secs. Rotate in 15 secs.
	Squats				Sit back, lead w/butt. Knees track over toes.
	Touchdown				Squat and reach down. Stand and reach up.
	Jumping Jacks				

**Work Out:** 20

	Exercise	Reps	Sets	Duration	Notes
<b>C1</b>	Alt Lunge	20	1		Rest as needed. Goal is to perform entire circuit at a steady continuous rate.
	Plank Jack	1			
	Alt Lunge	18			
	Plank Jack	2			
	Alt Lunge	16			
	Plank Jack	3			
	Alt Lunge	14			
	Plank Jack	4			
	Alt Lunge	12			
	Plank Jack	5			
	Alt Lunge	10			
	Plank Jack	6			
	Alt Lunge	8			
	Plank Jack	7			
	Alt Lunge	6			
	Plank Jack	8			
	Alt Lunge	4			
	Plank Jack	9			
	Alt Lunge	2			
	Plank Jack	10			

**Cool Down/Stretching:** 5

	Exercise	Reps	Sets	Duration	Notes
<b>1</b>	Crossbody Reach	30 secs	2	5	Gentle/easy to loosen back and shoulders.
<b>2</b>	Arm Circles	30 secs			Small to big circles. Front and back.
<b>3</b>	Hip Openers	30 secs			Rotate out 15 secs. Rotate in 15 secs.
<b>4</b>	Butt Kicks	30 secs			Gentle and easy to loosen quads.
<b>5</b>	Stretch as Comfortable	30 secs			