

# WORKOUT LOG

Video Workout - Did Someone Say Squat!?

**Focus:** Focus on body weight movements and pylon movements for full body workout. Coronavirus edition!

**Date:** 3/22/2020  
**Duration:** 40 mins/50 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.
	Arm Circles	30 secs			Small to big circles. Front and back.
	Hip Openers	30 secs			Rotate out 15 secs. Rotate in 15 secs.
	Butt Kicks	30 secs			Gentle and easy to loosen quads.
	Leg Swings	30 secs			Swing one leg front to back. Switch.

**Work Out:** 40 Rest 1-2 minutes between circuits.

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>C1</b>	Squat	20	15	1-2	20	Option to perform circuit 1 or 2 times. If opting for 2 sets, rest 1-2 mins between first and second. <i>If this circuit is enough, use second circuit as a separate workout.</i>
	Mod Push Up	30 secs	15			
	Squat	18	15			
	Mt Climbers	30 secs	15			
	Squat	16	15			
	Tricep Dips	30 secs	15			
	Squat	14	15			
	Star Jump	30 secs	15			
	Squat	12	15			
	Bridge Pulse	30 secs	15			
	Squat	10	15			
	Burpee	30 secs	15			
<b>C2</b>	Squat	10	15	1-2	20	Option to perform circuit 1 or 2 times. If opting for 2 sets, rest 1-2 mins between first and second.
	Burpee	30 secs	15			
	Squat	12	15			
	Bridge Pulse	30 secs	15			
	Squat	14	15			
	Star Jump	30 secs	15			
	Squat	16	15			
	Tricep Dips	30 secs	15			
	Squat	18	15			
	Mt Climbers	30 secs	15			
	Squat	20	15			
	Mod Push Up	30 secs	15			

**Cool Down/Stretching:** 9

	Exercise	Reps	Sets	Duration	Notes
<b>1</b>	Repeat Warm Up		1	5	
<b>2</b>	Stretch as Comfortable			4	Perform 4-5 static stretches.