

# WORKOUT LOG

Video Workout - Family Edition - Gettn It Done with the Kiddos

**Focus:** Get the whole family moving with these body weight and plyometric exercises that target the entire body! Coronavirus edition!

**Date:** 4/1/2020

**Duration:** 10 mins/20 mins

**Warm Up:** 5

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
<b>CW</b>	Arm Circles	30 secs	0	2	5	Small to big circles. Front and back.
	Cross Body Reach	30 secs				Gentle and easy to loosen back and shoulders.
	Inch Worm	30 secs				Stand ft hip distance. Place hands on floor. Walkout to plank. Return.
	Butt Kicks	30 secs				Gently kick those feet up to touch your bum!
	March In Place	30 secs				Start slow, then speed up. Knees high.

**Work Out:** 10

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>C1</b>	Squats	10	10 secs	2	5	Press hips back like sitting in a chair.
	Sit Ups - Reach Through	10				Crunch shoulders off ground reaching in between bent knees.
	Jumping Jacks	10				Big jacks!
	Skiers	10				Hop side to side like snow skiing.
	Frog Jumps	10				Squat down to ground like a frog. Jump as high as you can!
	Plank	20 secs				Hold that plank!
<b>C2</b>	Lunges	10	10 secs	2	5	Step forward into lunge.
	Sit ups - Cross Body	10				Crunch shoulders off ground reach across to oppisite knee.
	High Knees	10				Get those knees high and add a hop.
	Giant Leaps	10				Squat low, jump forward as far as you can!
	Burpees	10				Squat down, jump feet back, push up?, jump feet back, jump up high!
	Plank	20 secs				Hold that plank!

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## Cool Down/Stretching:

5

	<b>Exercise</b>	<b>Reps</b>	<b>Rest</b>	<b>Sets</b>	<b>Duration</b>	<b>Notes</b>
<b>1</b>	Arm Circles	30 secs	15 secs	2	5	Small to big circles. Front and back.
<b>2</b>	Cross Body	30 seccs				Gentle and easy to loosen back and shoulders.
<b>3</b>	Sitting V Leg Stretch	30 secs				Sit on floor legs open into V. Stretch right, left and center.
<b>4</b>	Sitting Forward Fold	30 secs				Sit on floor both legs straight out. Touch your toes!
<b>5</b>	Hollywood	15 secs ea side				Sit on floor. Bend 1 leg, cross over straight leg. Twist toward bent leg.