

WORKOUT LOG *Video Workout - LEGS: A Good Place to Start*

Focus: Focus on body weight movements to strengthen arms shoulders, back. Coronavirus edition!

Date: 5/4/2020

Duration: 15-20 mins

Warm Up: 5

	Exercise	Reps/Time	Rest	Sets	Duration
CW	Arm Circles	30 secs	0	2	5
	Cross Body Reaches	30 secs	0	2	
	Hip Openers	30 secs	0	2	
	Squats	30 secs	0	2	
	Jumping Jacks	30 secs	0	2	

Work Out: 15-20

	Exercise	Reps	Rest	Sets	Duration
C1	Squat	30 secs	15	2-3	4-6
	Squatted Monster Walk				
	Jump Out Squat				
C2	3-Point Tap	30 secs	15	2-3	4-6
	High Knee to Rear Leg Lift - R				
	High Knee to Rear Leg Lift - L				
	High Knees				
C3	Around the World Lunge	30 secs	15	2-3	4-6
	3-Point Hop - R				
	3-Point Hop - L				
	Giant Leap				
C4	Wall Sit	45 secs	15	2-3	2-3

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		