

# WORKOUT LOG

Video Workout - Mixn' It Up - Intermediate

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

**Date:** 3/27/2020

**Time:** 30 mins/40 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:**

28

	Exercise	Reps	Rest	Sets	Duration
C1	Single Leg Up/Down Knee Drive	45 secs	15 secs	2	8
	Single Leg Dead Lift - R	45 secs			
	Single Leg Dead Lift - L	45 secs			
	Bent Over - Row, T, Y	45 secs			
C2	Squat, Ball Between Legs, Up Down	45 secs	15 secs	2	6
	Straight Arm Arm Circles - In Front	45 secs			
	Front Press to Military Press	45 secs			
C3	Plank to Side Plank Arm Raise - R	45 secs	15 secs	2	8
	Plank to Side Plank Arm Raise - L	45 secs			
	Tri Dips	30 secs			
	Plank Cross Leg Kick	45 secs			
C4	Squat Side Step	45 secs	15 secs	2	6
	Side Kicks	45 secs			
	Punches	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		