

WORKOUT LOG

Online Video Workout - Warm Up #2 - Legs

Focus: Good warm up to add before a leg focused or plyometric workout.
Coronavirus edition!

Date: 4/7/2020

Duration: 5 mins

Warm Up: 5 Repeat circuit 2x without rest.

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
CW	Hip Openers	30 secs	0	2	5	Rotate 15 secs in alternating legs. Rotate 15 secs out alternating legs.
	Leg Swings	30 secs				Balance on one leg, swing the other front to back.
	High Knees	30 secs				First set march with high knees. Second set add a hop.
	Alternating Front Lunges	30 secs				Step front into lunge. Chest up. Alternate legs.
	Skaters	30 secs				Big jacks!