

Workotus Week 8/31/20

Monday

150 Junmping jacks
50 Crunches
20 Tricep dips
50 squats
20 Lunges each leg
70 Russian twits
20 Standingcalf raises
5 Push-ups
50 second plank
10 split jumps

Cardio 30/10-8X
8 High knees to 1 Burpee

Tuesday

80 Jumping Jacks
50 Vertical Leg Crunches
20 Squats
20 Wall push-ups
50 Russina push-ups
15 second side plank each side
10 Lunge split jumps
10 Jump Sqauts
40 High knees

Cardio 30/10 - 8X
Burpee
Sitouts

Wednesday

90 Jumping Jacks
20 Tricep dips
10 situps
30 Bid dogs
30 second plank
50 Squats
40 Crnches
10 Oblique Crunch each side
20 Standing Claf raises

Cardio 30/10-8X
Tuck Jumps
MT Climbers

Thursday

1000 Jumping Jkacks
25 Vertical Leg crunches
50 Squats
50 Russina Twists
15 Second side plnk each side
10 Lunge Split Jumps
10 Squat jumps
40 High knees

Cardio 30/10-8X
Side to side shuffle
Plank Shouder taps

Friday

60 Jumping jacks
100 Squats
100 Situps
100 Tricep dips
50 lunges each side
100 Incline pushups
10 Oblique Crunches each side
100 Butt-kickers
100 Jump Squats
15 Jack knife situps

Cardio 30/10-8X
Jump rope
DB Goblet Squat

Saturday

50 jumping jacks
20 Squats
100 Russina Twitsts
10 Kneeling pushups
1 Minute Swimmers
15 Jack knife situps
10 Lunges each leg
20 Bird dogs
20 Clam Inner Leg lifts each leg

Cardio 30/10-8X
Broad jumps
Squats in-out Jumps