



Workout #1 - [VIDEO](#)

This workout will follow a specific routine, make sure you keep track as you progress through it.

3 Period: 5 Minutes Each

Complete as many rounds as you can

10 Plank Up & Downs

20 Jump Lunges (*alternating lunges if modified*)

Workout Format

5 Minute WORK Period

2 Minute REST Period

5 Minute WORK Period

2 Minute REST Period

5 Minute WORK Period

Complete as many rounds as you can during each work period; take the 2 minute rest before moving into the next work period. Rounds **CAN NOT** carry over into the next work period.

Record total rounds completed from all 3 work periods.

Notes & Modifications (w/ pictures):

Plank Up & Downs – Perform on knees or hold a plank for 30 seconds.

Jump Lunges – Perform alternating lunges without a jump, or Split squats (see attached picture)

Workout #2 - [VIDEO](#) Let's see how much you have improved!!

12 Minutes – As many rounds as you can complete

10- Push-ups

(Don't do the rotation that is shown in the video)

20- Squat Jacks

20- Leg Raises

20- Jumping Jacks

HONOR SYSTEM

1 BONUS POINT If you are able to complete more rounds than you did in week 1.

Notes & Modifications:

Push-Ups – Perform on hands and knees or standing with your hands on a table.

Squat Jacks – Perform normal squats by taking the jump out of the exercise.

Leg Lifts – Replace leg lifts with a 20 second leg hold while lying on your back.

Jumping Jacks - Take the jump out and just do a step out, alternating each leg.

Submit your results below

[Workout 1](#)

[Workout 2](#)