

4/27/2020 WORKOUT

10 Burpees

5 Burpees

30 Calf Raises

30 Sec Fast Feet

9 Burpees

4 Burpees

30 Squats

20 Russian Twists/Side

8 Burpees

3 Burpees

45 Sec Plank

10 Tuck Jumps

7 Burpees

2 Burpees

10 Lunges/Leg

20 Crunches

6 Burpees

1 Burpee

10 Push Ups

60 Sec Wall Sit