

WEEKLY WORKOUTS

Week 5: May 4th to 8th

Workout #1

Warm-up: Complete 3 times (sets)

- 20 Jumping Jacks
- 10 Chair/Bench Step-ups (5 each leg)

Main Workout: Complete as many times as possible (AMRAP) in 10 minutes.

- 5 Single Leg Chair Squats – Both Legs (20 total)
- 5 Pushups (Pushups on Knees)
- 5 Chair Dips
- 5 Sit-ups

Strength:

- 5 sets of 4 Stair Sprints
- 5 sets of 10 Superman's

Workout 2

Warm-up: Complete 3 times (sets)

- 20 Single Unders (Skipping) or Jumping Jacks
- 20 Sit-ups

Main Workout: Complete 3 Sets

- 20 Air Squats
- 15 Mountain Climbers
- 10 Lunges
- 5 Pullups (or Table Pullups)

Skills Practice:

- Clap Pushups
- Hanging Leg Raises

Workout 3

Warm-up: Complete 3 times (sets)

- 10 Skips or Jumping Jacks
- 10 Sit-ups

Main Workout

- 10 Burpees
- 10 Situps
- 9 Burpees
- 9 Situps
- 8 Burpees
- 8 Situps
- 7 Burpees
- 7 Situps
- 6 Burpees
- 6 Situps
- 5 Burpees
- 5 Situps
- 4 Burpees
- 4 Situps
- 3 Burpees
- 3 Situps
- 2 Burpees
- 2 Situps
- 1 Burpees
- 1 Situps

Strength:

- 5 sets of 30 Sec. Side Plank (x 2 sides)
- 5 sets of 10 Chair Dips

Skills Practice:

- Handstands
- Alternating Pistol Squats