

HUNCHO FITNESS WORKOUT PLAN

Workout #1

Stretch (Hamstrings, Arms and Calf's)

2-3 Minute Jog

25 Squats (2x)

25 Lunges (2x)

25 Crunches (2x)

25 Russian Twist (2x)

25 Dumbbell Squats (2x)

25 Toe Touches (2x)

Finish with a 4 minute run

Workout #2

Stretch (Hamstrings, Arms and Calf's)

2-3 Minute Jog

25 Squats (2x)

25 Lunge Jumps(2x)

30 Second High Plank(2x)

30 Second Low Plank (2x)

25 Squat Jumps (2x)

30 Second Side Plank Left and Right (2x)

Finish with a 4 minute run

Workout #3 Conditioning

Stretching and Choose any Ab work Warm up (2x)

10 Push-ups (Modified if needed)

10 Dips on Bench

4 Minute Run (2x)

3 Minute Walk (2x)

10 Push-ups (2x) Modified if needed

10 Dips (2x)

1 Lap

Workout #4

Stretch (Hamstrings, Arms and Calf's)

3 Minute Jog

25 Dumbbell Squats (2x) 30 lbs

25 Lunge Jumps(2x) 15 lbs in both hands

45 Second Low Plank (2x)

25 Toe Touches (2x) {Feet in the air}

25 Squat Jumps (2x) 25lbs

45sec Side Plank Left and Right (2x)
Finish with a 4 minute run