

Do this workout Monday and Wednesday, it is better to have a partner to help ensure proper form!

HOME WORKOUT

↔ C-19 OPERATION ↔

60 HIGH KNEES

30 SUMO SQUAT

30 BURPEES

60 SEC. PLANK

20 SQUAT JUMP

40 JUMPING JACK

30 BURPEES

20 SQUAT

40 LUNGES

30 BURPEES

60 SEC. PLANK

30 PUSHUP

60 CRUNCHES

60 SEC. PLANK

