

GOOD MORNING! HERE IS THE WORKOUT FOR THE 4/19 SESSION:

THINGS NEEDED

Something low to the ground to hurdle
Any modification materials from the exercise “prep” videos

EXERCISES

Round 1: 30 seconds of Squats **then** 30 seconds Plank (2 Total Rounds)

Round 2: 30 seconds of Squats w/ a 3 second hold at the bottom **then** 30 seconds Plank Up/Downs (2 Total Rounds)

Round 3: 30 seconds of Jump Squats **then** 30 seconds of Push Ups (2 Total Rounds)

Round 4: 30 seconds of Side-to-Side hurdles **then** 30 seconds of Side-to-Side Push Ups (2 Total Rounds)