

Monday, January 18th, 2021 workout

Pax: Clog, Sherman, Noodles, Quickrete, 2.0 Tiger Eyes, Hobby Lobby, 2.0 Bubbles, Stang, Spike, Stickum, Backstreet, 2.0 Epic

Warm up - 5-6 minutes

Tabata (30 second long Tabata)

6 rounds of 8 (30 seconds exercise, 10 seconds rest, 00:30 recovery) 35:40 minutes

Sideways line jumps

**Tricep extensions**

Long jumps, run backwards

**Squats**

High-Knees

LBC

**Decline Merkins**

Reverse Crunch or V-ups

**Overhead Press**

Lunge jumps or squat jumps

**Incline Merkins**

Dollies or Flutter kicks

**Curls**

American Hammers

Forwards-backwards line jumps

Burpees

Blocks: 6. Overhead Presses were with an old chunk of railroad rail, Curls were with a chunk of cast iron

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