

Monday, July 5th, 2021 workout

Pax:

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: 5 or 7. Overhead Presses can be done with an old chunk of railroad rail, Curls were with a chunk of cast iron. Need the chalk, also.
