

Corona Break Training Week of May 11, 2020:

Monday/Wednesday/Friday -

Doubles are Optional This Week- As School winds down if you only want to workout one time per day on Monday, Wednesday and Friday that is fine

Morning

1. 20 Minutes Choice Aerobic- Wake up system and go right into it
2. 5 Minute Stretch
3. Get ready for school day

Afternoon

1. 5-10 Minute Cardio Jog/Walk prior to doing Full Dynamic Warm up
2. Strength Circuit
3. Static Stretch Routine

****Wednesday Challenge- Super Legs- Go Through Set Four times for Time!****

- 20 Bodyweight Squats
- 20 Alternating Lunges (10 each leg)
- 20 Split-Squat Jumps (10 each leg)
- 20 Bodyweight Squat Jumps

Tuesday/Thursday-

1. 5 Minute Warm Up as 2 x 2 minutes Jumping Rope - :30 Jumping Jacks
2. 45 Minutes Low End Aerobic Cardio (Choice of Cardio Exercise)- goal is to move and not stop while maintaining 120-150 HR
3. Core Routine

Saturday:

Pick a different Crossfit Challenge from below based on your equipment and perform (Google how to do them). I would like to see you challenge yourself on a different workout. If you prefer to try to beat your results from the previous Saturday, then I will not be opposed to that.

1. The Murph
2. Filthy 50
3. Burpee Mile
4. The Chelsea
5. The Bull

**** You might need to modify weight based on what you can do and what you have available for any of workouts****

***** Pull Ups- If you can do there somewhere whether it a pull up bar, a park, a tree branch, whatever, please try to do them. Use your sheet to track *****