Tuesday 4/14 – Workout of the Day



\*\*If you are not sure how to perform one of the exercises below please click the following link, and simply type in the name of the exercise for instructions\*\*

<https://workoutlabs.com/exercise-guide/>

**Full Body Workout:**

**Equipment:** Dumbbells or Water Bottles/Canned Goods

**START HERE: 1 Round**

-25 Squats -10 Bird Dogs (Opp Arm/Leg)

-20 Walking Lunges w/ DB -20 Superman

-20 Deadlifts w/ DB -20 Scissors

-10 Mountain Climbers -20 Bicep Curls

-20 Hip Bridges -20 Dips

-20 Single Leg Calf Raises (10 ea. Side) -20 Chest Flys

-10 Burpees -10 Alt. Front/Side Riase

-20 Donkey Kicks (10 ea. Side) -20 Rows

-10 Squats Jumps -20 Hammer Curls

-:60 Plank -> -10 Pushups

**\*\*\*\*Finisher – 25 Plank Jacks**

**---Stretch and Hydrate ---**

**Full Body Circuit:**

**Upper Body x4 Lower Body x 4 Cardio Finisher x 4**

1. 12 Pushups 1. 12 Reverse Lunge :20 Work - :10 Rest
2. 12 Tricep Dips 2. 12 Prisoner Squats 1. Mtn. Climbers
3. 12 Situps 3. 12 Superman 2. Squat Jack

 3.Plank Shoulder Tap

 4. Speed Skaters

-STRETCH and HYDRATE-