Fun Friday - 4/17



\*\*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: Complete for Time**

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

BUY IN: 50 Jumping Jacks

21 Deadlifts

21 Pushups

21 Goblet Squats

15 Deadlifts

15 Pushups

15 Goblet Squats

9 Deadlifts

9 Pushups

9 Goblet Squats

CASH OUT: 25 Burpees

**---Stretch and Hydrate –**

**Total Body AMRAP:** Complete as many rounds as you can in 12 minutes

**Warm-Up:** 5 minutes of Cardio (Does not count towards your 12 minutes

(Walk – Jog – Elliptical)

15 Lunges

10 Pushups

15 Mountain Climbers

20 Situps

-STRETCH and HYDRATE-

HAVE A GREAT WEEKEND!