3.16.20

Warm up 🡪 Bike (10 minutes)

Kettle bell swings (12 reps)

Overhead kneel-to-squat (8 reps on each leg 🡪 with or without a weight in hand, start in the kneeling position, then bring one leg up in front of you and step up with the other into a squatting position then return back to the kneeling position…if you decided to use a weight, the weight goes in the hand that is on the same side as the leg that you are choosing to step up with first and the hand is straight up overhead. No weight is required for the opposite hand)

Knee squats (20 reps 🡪 kneeling position to start, then go down to sit on your heels then pulse back up to the kneeling position. Again, this can be with or without weight)

Repeat x3

Lunges (20 reps with or without weight)

Kettlebell burpees (10 reps)

Pull-ups (5 reps)

Repeat x3

FINISHER:

Military push-ups (8 reps 🡪 elbows in! If you need to, you can go on your knees ☺)

Sit-ups (20 reps)

Mountain climbers (20 reps on each leg)

Jumping split squats (10 reps on each leg)

Russian twists (25 reps on each side)

Repeat x3