

HOME WORKOUT 1

10 MINUTE AMRAP

10 Squats

10 Push-ups

10 Sit-ups

HOME WORKOUT 3

50 Jumping Jacks

then:

3 Rounds:

10 Squats

10 Forward Lunges

10 One Leg Deadlifts

10 Jump Lunges

10 Tuck Jumps

30 second Wall Squat

then:

50 Jumping Jacks

HOME WORKOUT 2

1 Round for time:

100 Jump Ropes

36 Back Lunges

100 Jump Ropes

27 Hand Release Push-ups

100 Jump Ropes

18 V-Ups

100 Jump Ropes

9 Burpees

HOME WORKOUT 4

Complete 2 Rounds :

100 Jump Rope

25 Pushups

50 Jumping Jacks

25 Dips

50 High Knees

25 Situps

50 Squat Jumps

25 Leg Raises

Plank (50 seconds)