

Workout of the Day!

5 Day Challenge – Day 2

Each day will get a little longer, a little harder for 5 days!

Cardio Core 40 Min Workout

4 minutes As Many Reps As Possible (AMRAP)

40 High Knees

10 Sit ups

4 minutes Tabata 20sec on/10 sec off 8x

Side V crunches (right side)

Side V crunches (Left side)

1 minute jump rope (jumping jacks)

1 minute Plank Hold

4 minutes AMRAP

40 Mountain Runners

10 Squat Jumps

4 minutes Tabata 20sec on/10 sec off 8x

Figure 4 Crunch (Right Side)

Figure 4 Crunch (Left Side)

1 minute jump rope (jumping jacks)

1 minute Plank Hold

4 minutes AMRAP

5 Burpees

30 bicycle abs

4 minutes Tabata 20sec on/10 sec off 8x

Side Plank Hip Drops (Right Side)

Side plank Hip Drops (Left Side)

1 minute jump rope (jumping jacks)

1 minute Plank Hold

4 minutes AMRAP

5 Reverse Burpees

30 Flutter Kicks

4 minutes Tabata 20sec on/10 sec off 8x

Circle Crunch (Left Direction)

Circle Crunch (Right Direction)

1 minute jump rope (jumping jacks)

1 minute Plank Hold

Cool Down and Stretch