

## Workout of the Day!

### 40 Minute Body weight HIIT style workout – Video available on Oakwood's YouTube

#### Warm up:

10 each

Shin Grabs  
Hip Circles  
Calf Raises  
Hip Hinges  
Sampson Stretches  
Toy Soldiers  
¼ mile run (if possible)\*

\*Substitution options: 2 min of any of: Jump rope, mountain climbers, jumping jacks, run in place

#### Range of Motion Warm up:

\*Small loop band around thighs if you have one

20 Squats  
40 High Knees  
10 Squats  
20 High Knees  
20 Glute Bridge  
10 Lateral Leg Drops  
20 Supermans  
5 Inchworm Pushups  
¼ Mile Run \*

\*Substitution options: 2 min of any of: Jump rope, mountain climbers, jumping jacks, run in place

#### Part A 2x:

20 seconds on/ 10 second rest  
Squat Jacks  
Pushups  
V ups  
Plank Jacks  
Spring Jacks  
High Plank Knee Tucks  
Boat Tucks  
Plank Up-Downs  
Right Leg Glute Bridges  
Left Leg Glute Bridges

After 2<sup>nd</sup> round, ¼ Mile Run \*

\*Substitution options: 2 min of any of: Jump rope, mountain climbers, jumping jacks, run in place

#### Part B 4X As fast as possible:

6ea Sprinter Starts  
6 Burpees  
6ea side laying v crunch  
6 Get Ups (Substitute Navy seal ups)  
Shuttle Run (Sub quick high knees 30 seconds)

After 4<sup>th</sup> round, ½ mile run \*

\*Substitution options: 2 min of any of: Jump rope, mountain climbers, jumping jacks, run in place

Part A 2 more times!

Cool Down jog and stretch