

Workout of the Day

5 Day Challenge ~ day 5

This weeks workouts build each day for 5 days! Each day will get a little longer, a little harder!

Start your timer at 0:00 and start counting up!

40-30-20-10 (4 sets with decreasing reps)

Lunges

Crunches

Plank Shoulder Tap

Jumprope (Jumping Jacks)

Rest until the 20:00 minute mark

@ 20:00

25-20-15-10 (4 sets with decreasing reps)

Squat Jumps

V ups

Push-ups

Mountain Climbers (pairs)

Rest until you hit the 40:00 mark

@ 40:00 (4 sets with decreasing reps)

20-15-10-5

Burpees

Sit ups

Reverse Burpees

Plank Jacks

Cool Down and Stretch