

DSCC-MWR Fitness Center WOD | 3/20/20

Warm Up: 10 minutes

- Wide Squats 30 sec.
- Courtesies alt r-l 30 sec.
- High Knees 30 sec.
- Jog/power walk in place 30 sec.
- Rope jump (no rope) 30 sec.

Repeat same exercises twice

Exercises

HIIT. 25 SEC. CIRCUIT TRAINING WITH 15 SEC REST BETWEEN SETS.

First round:

- *Jump- Squats- 25 sec*
- Backward stepping lunges 25 sec
- Dog-bird 25 sec
- Superman 25 sec
- Plank 25 seconds

Repeat these exercises two to 4 times each round, then rest for one to two minutes, drink water.

Second round:

- Walking lunges for 25 sec or 16 repetitions (8 each leg)
- Crunches or sit ups for 25 sec or 20 repetitions
- Push ups for 25 seconds. Max repetitions that you can achieve.
- JUMP-LUNGES alternating legs for 25 sec or 16 rep (8 each leg)
- V sit holding for 25 seconds.

Repeat these exercises two to 4 times each round, then rest for one to two minutes, drink water.

As many repetitions possible in 25 seconds resting 15 seconds. Protocol can be change to 15 to 20 repetitions and rest for 15 seconds.

Cooldown (Stretching)