

WORKOUT 2



Format: Partner workout **Both Go at Same Time or individually**

Duration: Repeat 5 times

30 sec Running on the spot 30 sec Rest

30 sec Plank Hold or Sit ups as alternative 30 sec Rest

30 sec Burpees 30 Sec Rest

Plank

- Get in the pushup position, only put your forearms on the ground instead of your hands.
- Your elbows should line up directly underneath your shoulders. Toes on the ground.
- Squeeze your glutes and tighten your abdominals.
- Keep a neutral neck and spine.
- Create a straight, strong line from head to toes – a plank, if you will.
- Hold that position

To scale the plank simply ask the person to try it off their knees, rather than their toes

Burpees

- Lie flat on floor
- Push up onto hands and jump feet to your hand
- Stand up tall and Jump

