

Week of 5/11/2020

Strength/Conditioning Workout:

- Warm Up:
 - Jog, high skips, carioca/grapevine (facing both directions), low side shuffles (facing both directions)
 - No space? No problem! Jog in place for 1 minute, 50 jumping jacks, 30 sec high knees, 30 sec mountain climbers, 10 pushups

No treadmill? No problem, do it outside!

PYRAMID
HIIT Cardio
Treadmill Workout

walk/jog/sprint time

walk	3 minutes
jog	30 seconds
sprint	30 seconds
jog	45 seconds
sprint	45 seconds
jog	60 seconds
sprint	60 seconds
jog	90 seconds
sprint	90 seconds
jog	120 seconds
sprint	120 seconds
jog	90 seconds
sprint	90 seconds
jog	60 seconds
sprint	60 seconds
jog	45 seconds
sprint	45 seconds
jog	30 seconds
sprint	30 seconds
walk	3 minutes

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[Date]