

## At Home Workouts - Coach D.

### Workout 1

1 Minute Max Jumping Jacks

Rest 2 min

1 Minute Max Sit Ups

Rest 2 min

1 Minute Max Squats

Rest 2 min

1 Minute Max Push ups

Rest 2 min

1 Minute Max Burpees

Make this fun. Challenge a brother, sister, mom, dad or cousin. See who can do the most.

### Workout 2

5 Rounds

10 Push ups

10 Sit ups

10 Squats

5 Burpees

See how fast you can do all five rounds.

### Workout 3

40 Jumps on a jump rope (if no jump rope, jump back and forth over a line of some sort)

30 Lunges

20 Mountain Climbers

10 Leg Raises

Rest 5 Minutes and do it again from the bottom of the list to the top.

Once again, get your family to join in with you and get a good workout together. If they don't know how to do a movement, teach them.