

WORKOUT PLAN JHK

FOR 20 MARCH 2020

HOME WORKOUT

WARMING UP (2 x)

- 10 squats
- 5 push-ups
- 10 sit-ups
- 5 burpees
- **60 sec rest**

ROUND ONE (min 0 to min 4)

- 20 sec jump squats
- **10 sec rest**
- 20 sec burpees
- **10 sec rest**
- **60 sec rest**

ROUND TWO (min 4 to min 8)

- 20 sec push-ups
- **10 sec rest**
- 20 sec jump lunges both sides
- **10 sec rest**
- **60 sec rest**

ROUND THREE (min 8 to min 12)

- 20 sec mountain climbers
- **10 sec rest**
- 20 sec jackknife crossovers
- **10 sec rest**
- **60 sec rest**

ROUND FOUR (min 12 to min 13.30)

- 20 sec leg drops (head comes of the mat)
- **10 sec rest**
- 20 sec low scissors (head comes of the mat)
- **10 sec rest**
- **30 sec rest**

ROUND FIVE (min 13.30 to min 14.40)

- 20 sec penguin taps
- **10 sec rest**
- 20 sec low flutter kicks
- **10 sec rest**

ROUND SIX (min 14.40 to min 17)

- 30 sec russian twists
- **10 sec rest**
- 30 sec bent leg v-up
- **10 sec rest**
- **60 sec rest**

ROUND SEVEN (min 17 to min 20.50)

- 60 sec plank
- 30 sec side plank
- 30 sec side plank hip lifts
- 30 sec side plank
- 30 sec side plank hip lifts
- **50 sec rest**

ROUND EIGHT (min 20.50 to min 22.30)

- 20 sec sphinx push-ups
- **10 sec rest**
- 30 sec plank with side touch leg
- **40 sec rest**

ROUND NINE (min 22.30 to min 25.10)

- 30 sec superman arm/head pulses
- **10 sec rest**
- 30 sec superman leg pulses
- **10 sec rest**
- 30 sec superman arm/head pulses
- **50 sec rest**

ROUND TEN (min 25.10 to min 25.40)

- 30 sec raised knee crunches (elbows fwd)