

USASK REC AND HPC PRESENT AN AT HOME WORKOUT

Exercises should be performed in consecutive order with minimal rest between exercises. Complete 2-3 sets with a 3 minute rest between each set.

Ensure you warm up before completing this circuit

Front Plank	x 30 sec
Deep Squat (arms overhead)	x 30 sec
Side Plank (left)	x 30 sec
Side Plank Top leg lift	x 5
Alternate Reverse Lunge	x 30 sec
Side Plank (right)	x 30 sec
Side Plank Top leg lift	x 5
Squat Jumps	x 30 sec
Push Ups	x 30 sec
Mountain Climbers	x 30 sec
Lunge Walk	x 30 sec
Sit-Ups	x 30 sec