

# NATIONAL FITNESS DAY



MAY 2, 2020

Celebrate National Fitness Day with a quick workout that doesn't require any equipment.

## WARM-UP

*Approximately 10 minutes.*

- 1/2 mile walk/jog/run
- 10 Air Squats/10 Pushups
- 10 Alternate Leg Lunges/10 Triceps Reverse Dips

## MAIN SET

*Approximately 30 minutes. Complete as many rounds as possible in 30 minutes.*

1. 20 Air Squats
2. 15 Pushups
3. 1 Minute Plank
4. 20 Alternate Leg Lunges (10 Each Leg)
5. 15 Triceps Reverse Dips
6. 20 Crunches
7. 20 Box or Stair Step-Ups (10 Each Leg)
8. 15 Triceps Pushups
9. 20 Bicycle Crunches (20 Total)
10. 10 V-Ups

## COOL-DOWN

*Approximately 10 minutes.*

- 1/2 MILE WALK/JOG/RUN

