



Virtual Workout

DAY 2

GO SLOW (TO GROW)

What you need: Band/heavy weight (>20lbs)

**Warm up = SIDE SHUFFLE + TAP & HEISMAN'S - 4 MINS TOTAL
AND swing jumps + arm Circles/swings**

**SUPER-SET (SQUATS, THEN WALKS,
THEN SQUATS ETC. - NO RESTS)**

- BAND SQUAT PULSES
 - Place band just above knees and squat, pulsing 30x
- Monster walks FORWARD - 60 steps (total)

LADDER SET: (start at 10 rows/side and 10 kickbacks/side, then 9 rows & 9 kickbacks, then 8 rows and 8 kickbacks etc.)

- BENT-OVER ROW/SIDE
- BAND DIAGONAL OUT (TOE IN) KICKBACK

SUPER-SET - NO RESTS

face pull w/band (google it) 12X
Single Leg Deadlift 12x/side

BABY SHARK ABS

STRETCH OUT