

December Madrush 5 Minute Workouts

DATE	EXERCISE A	EXERCISE B	WORK	REST	# OF ROUNDS
Dec 1,9,17,25	HAND TO FOREARM PLANK	Y SQUATS	30 sec	15 sec	6
Dec 2,10,18,26	SCISSOR JUMPS	V SIT OR TUCK SIT HOLD - TAP ALT FEET ON FLOOR	30 sec	15 sec	6
Dec 3, 11, 19, 27	FOREARM PLANK WITH LEG RAISE RIGHT	FOREARM PLANK WITH LEG RAISE LEFT	30 sec	15 sec	6
Dec 4, 12, 20, 28	FAST GLUTE THRUST HANDS & FEET ON FLOOR	SHOULDER TAP PLANKS	30 sec	15 sec	6
Dec 5, 13, 21, 29	REVERSE LUNGE TO KNEE UP RIGHT SIDE	REVERSE LUNGE TO KNEE UP LEFT SIDE	30 sec	15 sec	6
Dec 6, 14, 22, 30	FOREARM PLANK, STRADDLE JUMP FEET	PUSH UPS	30 sec	15 sec	6
Dec 7, 15, 23, 31	PISTOL SQUAT TOUCH CHAIR RIGHT LEG	PISTOL SQUAT TOUCH CHAIR LEFT LEG	30 sec	15 sec	6
Dec 8, 16, 24	WALL SIT X 60 SECOND HOLD	WALL SIT X 60 SECOND HOLD	60 sec	15 sec	4