

Ashley Robinson
PT-Meaney

Week 5 Work Outs

Wednesday 4/8/2020

Set 1:

- Push-ups in 1 minute: 20
- Sit-ups in 1 minute: 21
- Swimming motion for 15 seconds, and then plank for 15 seconds: 1 minute
- Hold feet 6" from ground for 15 seconds, and then hold legs straight up for 5 seconds: 1 minute
- Squat down for 10 seconds, stand up straight for 2 seconds: 1 minute
- Elbow-to-Knee Crunch: 1 minute

Set 2:

- Push-ups in 1 minute: 16
- Sit-ups in 1 minute: 23
- Swimming motion for 15 seconds, and then plank for 15 seconds: 1 minute
- Hold feet 6" from ground for 15 seconds, and then hold legs straight up for 5 seconds: 1 minute
- Squat down for 10 seconds, stand up straight for 2 seconds: 1 minute
- Elbow-to-Knee Crunch: 1 minute

Set 3:

- Push-ups in 1 minute: 14
- Sit-ups in 1 minute: 20
- Swimming motion for 15 seconds, and then plank for 15 seconds: 1 minute
- Hold feet 6" from ground for 15 seconds, and then hold legs straight up for 5 seconds: 1 minute
- Squat down for 10 seconds, stand up straight for 2 seconds: 1 minute
- Elbow-to-Knee Crunch: 1 minute

