

Exercise Links with Erin and Lee

<https://youtu.be/j9OPv30InTY> **STRETCHING BEFORE EACH WORKOUT**

workout with Mary Jane <https://youtu.be/bTImihgl4Q8>

Workout with Erin Home and many reps https://youtu.be/_UrQct7q-FM

Home Workout with Erin and Blakely <https://youtu.be/7QvF4tn-oF8>

Home Workout Sets of 15 <https://youtu.be/gAPIIEaGASs>

Front Squats

Elbows up, booty back

Push Press

Warmup –

Mountain Climbers

Spider Stretch/Plank

Workout Home with Erin <https://youtu.be/-DAvrIZeTOk>

6 push press chest upright two water bottles if no dumbbells

6 Thrusters

3-6 burpees

60 jump rope or in place/ brace position

WARMUP first

Workout with Erin Home April 1, 2020 <https://youtu.be/-DAvrIZeTOk>

40/40/30/10

4 minutes buildup/ last hardest

Jump Rope/ Brace Position

Sit ups. Find something with some cushion/ don't reach failure

Erin and Blakely with high voice: <https://youtu.be/WspnaNK-qN4>

Chipper : Erin <https://youtu.be/ye7ijlZ6DR8>

30 HIP HINGERS

30 PUSHUPS

30 AIRSQUATS

30 PUSHPRESS

30 LUNGES

2 MIN CADIO