

# Raff's Single Workouts

Fri, May 13 2022

- **Full Body (HOME )** (Draft)



### Workout Notes:

- WARM UP: Do twos round of the first super set for your warm up. For each Exercise, make sure you are doing it for 40 seconds on and then 20 seconds off. No rest between rounds.
- WORK OUT: Do each exercise for the assigned time then continue to the next exercise
- Take rest as needed, but try to limit it as much as possible.
- Once Finished, get a good five minute stretch in.

Exercise	Sets	Reps	Weight	Rest	Time	Notes	Options
Kick Outs	1		0	20	40		
Jumping Jacks	2		0	20	40	Supersets	
Hand Release Push Ups	1		0	20	40		
Star Jacks	1		0	30	1:00		
Mountain Climbers	1		0	30	1:00		
Up and Down Plank	5		0	30	1:00	Supersets	
Bodyweight Reverse Lunge	1		0	30	1:00		
V-Ups	1		0	30	1:00		
Stretching	1		0	0	5:00		