

WEEK OF APRIL 6TH

PIONEER SOFTBALL WORKOUT

MONDAY

10 SQUATS
20 SECOND PLANK
30 CRUNCHES
40 JUMPING JACKS
20 LUNGES
20 SECOND WALL SIT
15 SIT UPS
15 FLUTTER KICKS
5 PUSH UPS

THURSDAY

40 SQUATS
35 SECOND PLANK
30 CRUNCHES
20 JUMPING JACKS
25 LUNGES
60 SECOND WALL SIT
35 SIT UPS
40 FLUTTER KICKS
20 PUSH UPS

TUESDAY

15 SQUATS
35 SECOND PLANK
35 CRUNCHES
15 JUMPING JACKS
30 LUNGES
40 SECOND WALL SIT
30 SIT UPS
25 FLUTTER KICKS
10 PUSH UPS

FRIDAY

30 SQUATS
65 SECOND PLANK
35 CRUNCHES
50 JUMPING JACKS
60 LUNGES
50 SECOND WALL SIT
45 SIT UPS
50 FLUTTER KICKS
25 PUSH UPS

WEDNESDAY

20 SQUATS
45 SECOND PLANK
40 CRUNCHES
45 JUMPING JACKS
35 LUNGES
50 SECOND WALL SIT
40 SIT UPS
30 FLUTTER KICKS
15 PUSH UPS

Continue to do the Runkeeper challenge if safe to do so

Do not excersise if you are feeling ill