**MONDAY**

**1A-** MAIN

**12 Minutes- Do these exercises twice through without stopping.**

\*45 sec on, 10 sec off between. Tabata timer app works great for to track your time for these workouts\*

**45 sec**-Balancing on right leg-Opposite elbow to knee

**45 sec**- Balancing on left leg- Opposite elbow to knee

**45 sec**-Superman

**45 sec**-Squat jumps

**45 sec**- Push-ups. These can be modified! Feel free to use chair, couch, or knees.

**45 sec**-Burpees

**X2**

**1B- PUSH**

**Record your time.**

**10** tuck jumps

**10** plank ups

**10** tuck jumps

**10** sit ups

**10** tuck jumps

**10** push ups

**10** tuck jumps

**FALCON BONUS- Do as many rounds as possible in 7 minutes!**

**\*Keep track and record number of rounds completed\***

**50 Jumping jacks**

**25 Mountain climbers**

**Post/tag us your workout details and/or video on @prairieHSVB**

**OR direct message coach(es) privately on ‘Group me’/e-mail with your times/accomplishments!**

**Example of post details:**

**Main workout- Completed!**

**Push workout-Completed! Time: (list time)**

**Falcon Bonus: Completed! Rounds (list # of rounds completed)**