

Alternate Fitness Activities

Workout #1

Hold push-up position for 30 seconds
30 crunches
Core 30 seconds
V Sit 20 seconds
Jump Rope
10 push-ups
Side Core 20 seconds on each side
Repeat Workout



Workout #2

Lunge the width of a basketball court
30 crunches
Jump Rope
20 Triceps Dips
10 push-ups (Ground or Ledge)
30 Scissor Kicks
Repeat Workout

Workout #3

1 Set of Ladder Sprints
Wall Sit 30 seconds
10 Squat Jumps
Core 30 Seconds
Jump Rope
10 Push-ups
Repeat Workout