

Body Weight Workout

FEEL FREE TO HAVE SOMEONE AT HOME COMPLETE THE WORKOUT WITH YOU - OR ZOOM/FACETIME A FRIEND EVEN IF HE/SHE IS NOT IN THIS CLASS!

PART 1: DEMO

Please watch the two videos attached. One video is 1 minute showing how to properly perform a step up. You can do this step up on a chair, couch, bed, stairs, etc. Make sure when you are stepping up, you alternate your legs. For example, do not step up onto the surface using your right leg first every time. Alternate right foot first, left foot first... Also, make sure your foot is flat when stepping up. The second video is less than a minute and shows you how to properly perform an air squat. Make sure your feet stay flat / heels on the ground for the entire squat.

[Squat Demo](#)

[Step Up Demo](#)

PART 2: WORKOUT

10 minute AMRAP

*20 alternating step ups

*20 air squats

PART 3: EXPLANATION

You will complete the above As Many Rounds As Possible in 10 minutes. Once you complete the 20 step ups, you will complete 20 air squats. Once you have done both, you will do 20 step ups and 20 squats again. You will keep doing this for 10 minutes. Try to keep track how many times you can get through this sequence in the 10 minutes. Try your best not to stop during the 10 minutes.

PART 4: REFLECTION

After you complete the workout, please click the link below and answer the questions.

[Workout Reflection](#)

HAVE FUN!