The 180 Workout

|  |  |  |
| --- | --- | --- |
| **Group Members** | | **Period/Day:** |
| **Date:** |
| **Directions: Complete 180 total reps as a group. Circle 1 exercise from each column. Each member must complete an equal amount of each exercise to equal 180 reps.** | | |
| **Push Activities**  Classic Push Up  Wide Armed Push Ups  Wide Feet Push Ups  Staggered Hand Push Ups  Single Leg Push Up  Triceps Dip | **Stabilize**  Soldier Push Ups  Plank Downs  Walking Planks  Single Leg Plank  Plank Jumps  Plank Leg Raises | **Lower Body**  Air Squats  Squat Jumps  Step back Lungs  Cross Crawls  Rocket Blasters  Forward Lunges |
| **Workout Plan** | | |

