The 180 Workout

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| **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 UpWide Armed Push UpsWide Feet Push UpsStaggered Hand Push UpsSingle Leg Push UpTriceps Dip | **Stabilize**Soldier Push UpsPlank DownsWalking PlanksSingle Leg PlankPlank JumpsPlank Leg Raises | **Lower Body**Air SquatsSquat JumpsStep back LungsCross CrawlsRocket BlastersForward Lunges |
| **Workout Plan** |

