

20 Min "Squat Lunge Madness" for the gym

Perform as many rounds a possible in 10 minutes

Exercise	Weight/barbell	Reps
Barbell Squat	Medium (45-85 lbs)	12
Barbell Lunge	Medium (45-85 lbs)	6 ea leg
Squat Jumps	N/A	12
New Jacks (alt wide & close feet squat jump)	N/A	6 each direction

Perform as many rounds a possible in 10 minutes

Exercise	Weight/dumbbell	Reps
Bench Step-up w/ Knee, back into a rear lunge*	12-20 lbs ea hand	8 ea way
Walking Lunges	12-20 lbs ea hand	12 ea way
Switch Jumps (plyo lunges)	N/A	8 ea way

*These should be CHALLENGING -- especially the rear lunge w/ weight