

ACTIVE AT HOME

May The 4th Be With You Workout

Equipment: Optional Lightsaber

Warm Up:

20 Jedi Jacks

Leia Lunges - 5 each side

10 Jobafet Jump Lunges

10 Solo Squats with arm circles

10 R2 Reverse Lunges

20 Millenium Falcom Mountian Climbers

C3P0 Light Saber Pushups - 5 each side

Workout

5 Padawan Pushups

Palpatine Planks - 5 each side

Combo move - Padawan Pushups/Palpatine Plank 5 each side

Rest

Rey's Plank Push Up X 10

Poe Dameron's Dolphin Move X 10

Kylo Ren Kicks - 10 each side

10 Vadar V-ups

Rest

Boba Fett's Booty Blast Ladder

Skywalker Squats and Chewbacca Bridges X1, X2, X3.... up to 10

GREAT WORKOUT!



Remember to always exercise within your means. Modify or take breaks as needed!