



**Workout Prepared For McCain Foods  
30 minutes**

Section	Movement	Work Time/Rest Time	Notes
<b>Warm-Up</b>	March	45 seconds/15 sec	Variation: jog in place
	Kossak squat	45 seconds/15 sec	
	Arm circles	45 seconds/15 sec	Add in arm hugs if needed
	Inch worm	45 seconds/15 sec	
<b>Instruction</b>		<b>1 min</b>	
<b>Block 1 - Full Body &amp; Legs</b>	Jump rope skip	45 seconds/15 sec	Variation: Fast march or toe tap
	Air squats	45 seconds/15 sec	Variation: Jump squat
	Jump rope skip	45 seconds/15 sec	
	Air squats	45 seconds/15 sec	
<b>Instruction/Rest</b>		<b>1 min</b>	
<b>Block 2 - Upper Body &amp; Core</b>	Push-ups	45 seconds/15 sec	Variations: on your knees, hand release, elevated
	Russian twist	45 seconds/15 sec	Variation: crunch
	Push-ups	45 seconds/15 sec	
	Russian twist or Crunch	45 seconds/15 sec	
<b>Instruction/Rest</b>		<b>1 min</b>	



Section	Movement	Work Time/Rest Time	Notes
<b>Block 3 - Full Body &amp; Legs</b>	Jumping Jacks	45 seconds/15 sec	Variation: Tap jacks, Scissor jacks
	Alternating lunges	45 seconds/15 sec	Variations: Standing split squat, front or reverse lunge
	Jumping Jacks	45 seconds/15 sec	
	Alternating lunges	45 seconds/15 sec	
<b>Instruction/Rest</b>		<b>1 min</b>	
<b>Block 4 - Upper Body &amp; Core</b>	Prone I-Y-T	45 seconds/15 sec	Variation: Standing I-Y-T
	Dead bug	45 seconds/15 sec	Variation: tuck hold/tabletop hold or move one limb at a time.
	Prone I-Y-T	45 seconds/15 sec	
	Dead bug	45 seconds/15 sec	
<b>Cool Down</b>	<b>Walk in place</b>		
	Standing quad stretch R/L		
	Chest stretch		
	Pigeon or Supine "4" stretch (piriformis stretch)		



## Other Options

- Core
  - Flutter kick
  - Bicycle
  - Sit up
  - Bird Dog
- Upper Body
  - Diamond push up
  - Boxer punches
  - Plank
  - Plank to push up
  - Prone walk out
  - Arm circles
- Lower Body
  - Donkey kicks
  - Lunge to knee lift
  - Curtsy lunge
  - Wall sit
  - Bridge
- Full Body
  - Bear crawls
  - Mountain climbers
  - Burpees
  - Jump Rope
  - Step-ups