

Friday Workout 5-22-20

RX workout: The Surly Thirty

Round 1:

30 Hand release pushups + 30 Butterfly situps + 30 Jumping Lunges

“rest period” = 10 Burpees

Round 2: 3 rounds

10 Hand release Pushups + 10 Butterfly situps + 10 Jumping Lunges

“rest period” = 20 Burpees

Round 3: 6 Rounds

5 Hand release Pushups + 5 Butterfly situps + 5 Jumping Lunges

Final “rest period” = 30 burpees

Modifications:

Pushups = Kneeling pushups

Butterfly situps = crunches

Jumping Lunges = Step back lunges