

Friday workout 5/29/2020

RX:

	Round 1	Round 2	Round 3	Round 4
Close stance lunges / pistols	20	15	10	5
Pushup climbers	5	10	15	20
Butterfly situps	5	10	15	20
Burpee	20	15	10	5

6 - minute ab challenge - EMOM

30 russian twists directly into as many toe touches until 1 min. repeat. No breaks.

Modifications:

- Close stance lunges / pistols = elevated lunges or regular step back lunges
- Pushup climbers (1 push up 3 mountain climbers) = kneeling pushups into climbers or just the single exercise
- Butterfly situps = crunches
- Burpee = stepback burpee or chair burpees