

Friday Workout 7/10/20

Equipment needed - nothing

Workout is going to be 4 rounds total

Exercise	Round 1: reps	Round 2: reps	Round 3: reps	Round 4: reps
Pushup + toe touch	10	15	20	30
Squat	30	20	15	10
Iron Cross/V up	30	20	15	10
Burpees	10	15	20	30

Modifications

Intermediate:

Push up

Squat

Iron cross or V ups

Step back burpees

Beginner:

Chair pushups

Squat

Variation of abs

Burpee to chair/object