

# Friday Workout 7-17-20

## **RX workout: Simple but effective**

Round 1: 5 minutes

40 Squats+ 30 Butterfly sit ups + 20 push up

Round 2: 5 minutes

20 squats + 15 Sit ups + 10 push up

Round 3: 5 minutes

10 squats + 10 sit ups + 5 push up

## **Modifications:**

Pushups = Kneeling pushups

Butterfly situps = crunches

Squats = chair squats