Home Workout 3/26/20

Warmup  
3 Rounds  
:30 Jump Rope (rope or not)  
5 Walkouts – [click for demo video](https://www.youtube.com/watch?v=R6SMJ-TzgZo)  
5 Burpees – Slow

Strength Workout – 2 Rounds  
10-20 Regular Pushups  
5-15 Chin-Ups (palms facing toward you)  
10-20 Close elbow pushups  
5-15 regular pull ups – palms facing away, hands shoulder width apart

Pull-Up alternative: lay on your back and do “rows”. You can use a bar secured to something you can lay under, rings, regular rope with loops for handles, etc.  
[Click here for some other alternatives](https://www.youtube.com/watch?v=We3m0EOe48k) – disclaimer: swimmers, please be careful and ensure whatever setup you choose is secure before beginning exercises.

[Push-Up Progression ideas - click](https://www.youtube.com/watch?v=62feQpAclEA)