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)