

FITNESS ON THE GO

Workout of the Day: 5 Rounds - Timed

Click on the instructional video link for visual instructions

Do each exercise for 40 seconds followed by 20 seconds of rest before moving into the next exercise:

- Push ups - 40 seconds
Rest - 20 seconds
 - Prisoner Squats - 40 seconds
Rest - 20 seconds
 - Mountain Climbers - 40 seconds
Rest - 20 seconds
 - Duck Unders - 40 seconds
Rest - 20 seconds
 - Burpees - 40 seconds
Rest - 20 seconds
- Rest - 1 minute
- Repeat all exercises 5 times




Fitness Questions?

Contact Katie Schmidt

ANSI Accredited CrossFit Level 1 Trainer
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