

5 Day Challenge ~ day 4

This weeks workouts build each day for 5 days! Each day will get a little longer, a little harder!

Modified 'Murph'

Run 1 mile - substitute 75 cardio burpees

100 pull-ups - substitute 200 sit-ups

200 pushups

300 air squats (hips descend lower than hips during squat)

Run 1 mile - substitute 75 cardio burpees

*Break these into any reps/sets to you want!

Ideas:

10 rounds: 10 pull ups, 30 pushups, 30 squats

20 rounds: 5 pull ups, 10 pushups, 15 squats

50 rounds: 2 pull ups, 4 pushups, 6 squats

Cool Down and Stretch