

# THE “ANYWHERE/ANYTIME” WORKOUT DAY 2

**10 FULL PUSHUPS**



**OR**

**10 MODIFIED PUSHUPS**



**30 CRUNCHES 2X**



**20 LUNGES EACH SIDE**



**30 SECOND PLANK**



**OR**

**30 SEC. MODIFIED PLANK**



**10 BURPEES**



**MWR TRAINER TIP: BEGINNERS DO 1 ROUND; AS YOU BECOME STRONGER DO 2-5 ROUNDS.**