

# THE “ANYWHERE/ANYTIME” WORKOUT DAY 3

**20 LUNGES EACH SIDE**



**60 SECOND PLANK**



**30 CRUNCHES**



**10 PUSHUPS**



**30 BICYCLE CRUNCHES**



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