

WORKOUT OF THE DAY

TWO EXERCISES

TIME YOURSELF FROM START TO FINISH. EACH TIME YOU DO THE WORKOUT TRY TO BEAT YOUR PREVIOUS TIME



5 SQUATS 25 PUSHUPS

10 SQUATS 20 PUSHUPS

15 SQUATS 15 PUSHUPS

20 SQUATS 10 PUSHUPS

25 SQUATS 5 PUSHUPS

MWR TRAINER TIP: BEGINNERS START WITH LOWER REPS, ADD REPS AS YOU BECOME STRONGER