



DAY 2: Introduction Workout | Level 2 (Medium)

Warm up: 5 Rounds

- 30 Jumping Jax

Stretches:

- Legs- Hamstrings, quads
- Arms- Shoulders, triceps
- Chest
- Back

Workout of the Day:

(Instruction)

- Map out in your neighborhood ¼ mile to run/jog and set as your marker
1. Run to your marker perform 25 mountain climbers, run back home, 5 burpees
 2. Run to your marker perform 25 push-ups, run back home, 5 burpees
 3. Run to your marker perform 50 squats, run back home. 5 burpees
 4. Run to your marker perform 50 bicycle kicks, run back home, 5 burpees

CORE:

30 second side planks (x3 each side), 100 crunches

END

Post your results on social media tagging:

Instagram: @world_champ_training https://www.instagram.com/world_champ_training/

Facebook: @world champ training <https://www.facebook.com/worldchamptraining/>

Hashtags: #TomorrowStartsNOW #GrindTillWeGetThat