



DAY 14: WEEKEND CHALLENGE

Stretches:

- Legs, Arms, Shoulders, Chest and Back

Workout:

FOR TIME: (MODIFIED MURPH)

- .5 MILE RUN
- 300 SQUATS
- 200 PUSH-UPS
- 100 SIT-UPS
- .5 MILE RUN

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: #WorldChampTraining #TomorrowStartsNOW #GrindTillWeGetThat