

Fitness Week 4

MINI “MURPH”

As functional fitness athletes/individuals, you absolutely hate to miss a WOD. With our current situation, it is hard to maintain a normal exercise routine. Whether you have a fully-fledged garage gym, or only a pair of jump ropes – we’ve built a list of WODs you can do virtually anywhere, **without any equipment or gear**.

Click the link below, once on the website click the lady performing a single leg squat. Choose the first workout, MINI “MURPH” Be sure to work within your capabilities, modify the workout to fit your fitness level.

The student will be able to enhance cardiovascular endurance, muscular endurance, muscular strength, and body composition.

www.wodfever.com

MINI “MURPH” *High Intensity*

1-Mile Run

100 Push Ups

200 Air Squats

1-Mile Run

MINI “MURPH” *Intermediate Intensity*

800- Meter Run

50 Push Ups

100 Air Squats

800-Meter Run

MINI “MURPH” *Low Intensity*

200-Meter Run

25 Push Ups

50 Air Squats

200-Meter Run