

MEDevice Boston Workout

<https://youtu.be/kNQpXzlxow0>



Timing:

- > 1 minute work / 15 second break
- > 45 seconds work / 15 second break
- > 30 seconds work / 10 second break
- > 50 Rep Challenge
- > 100 Rep Challenge

	Exercise	Modified	Advanced
M	Mountain Climbers	Wall Mountain Climbers	
E	Elbow to Knee Twist with Squat	Elbow to Knee Twist	
D	Donkey Kick (in bear)	Donkey Kick (on all 4's)	Donkey Kick (both legs)
e	Explosive Jump Squats	Squat to Elevated Heels	
v	V-Ups	Knee Tucks	
i	Inchworm to Plank Shoulder Taps	Inchworm to Plank Shoulder Taps (on your knees)	
c	Crab Walk	Crab Bridge	
e	Elevated Push-Ups	Wall Push-Ups	Push-Ups
B	Burpees (to the floor)	Burpee Walk Out and In	Burpees (to the floor) with Tuck Jump
o	Oblique Twists	Oblique Twists (feet on floor)	
s	Skaters	Walking Skaters	
t	Tricep Dip with Kick	Tricep Dip with Kick (butt on floor)	
o	One Leg Alternating Jumps	One Leg Alternating Jumps (toe on floor)	One Leg Alternating Squats
n	Ninja Getups 1/2 Alternating	Ninja Getups 1/2 Alternating (use hands)	