

Workout of the Day

Running Sandwich

**A Dead
Last Finish
Is Greater
Than A Did
Not Finish.**

**And Did Not
Finish Trumps
Did Not Start.**

Running Sandwich

Start by doing a 500 meter run followed by 40 air squats, 30 sit-ups, 20 push-ups and 10 burpees. Finish with another 500 meter run.

For a more challenging workout, make it a club sandwich:

Start by doing a 500 meter run followed by 40 air squats, 30 sit-ups, 20 push-ups and 10 burpees. Complete another 500 meter run followed by 40 air squats, 30 sit-ups, 20 push-ups and 10 burpees. Finish with another 500 meter run.

**Try your best to run the whole 500 meters. Go slow if you need.

**If running is not your thing or you have issues running, modify by riding a bike. Substitute the 500 meter runs with 2 km bike rides at a fast pace.



Air Squats

- Stand facing forward with your chest up.
- Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also hold your hands at chest level or place them behind your head.
- Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair. Keep your chest lifted and your spine neutral, and do not let your lower back round.
- Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels.
- Keep your body tight, and push through your heels to bring yourself back to the starting position. This is one rep.



Sit-ups

- Start with knees bent and feet on the mat. Arms are crossed and resting on the chest.
- Bring chin to chest and flex, the head, neck, and torso off the mat coming to a seated position then return back down with control.



Push-ups

- Get down on all fours, placing your hands slightly wider than your shoulders.
- Straighten your arms and legs.
- Lower your body until your chest nearly touches the floor.
- Pause, then push yourself back up.
- Repeat.



Burpees

- Begin in a standing position
- Move into a squat position with your hands on the ground.
- Kick your feet back into a hand plank position, while keeping your arms extended.
- Immediately return your feet into squat position.
- Stand up from the squat position.