

MEDevice Silicon Valley Workout

<https://youtu.be/LVZ6IUfKLDQ>



Timing:

- > Round 1 = 20 reps - per side
- > Round 2 = 24 reps - per side
- > Want more do it again!

	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	External Rotations	External Rotations (on your knees)	
v	V-Ups	Knee Tucks	
i	Inchworm to Plank Shoulder Taps	Inchworm to Plank Shoulder Taps (on your knees)	
c	Curtsey Lunge	Curtsey Lunge (not so deep in lunge)	Add Jump
e	Elevated Push-Ups	Wall Push-Ups	Push-Ups
S	Single Leg Deadlift / Flamingo	Hold wall - Single Leg Deadlift / Flamingo	Add Jump
V	Vertical Jumps	Vertical Jump (no jump)	
*	Burpees (to the floor)	Burpee Walk Out and In	Burpees (to the floor) with Tuck Jump