**Day one- going online**

**Warm up:**

3 rounds of:

10 push ups

15 sit ups

10 air squats

**Strength:**

25 dips (you can use a chair for these)

25 push ups

**WOD:**

Complete 50 of each:

Mt. climbers

Lunges

Lemon squeezers

Curtsy lunges

Jump ropes (even if you don’t have one at home you can jump like you are jump roping, make sure you use your arms too. Use your imagination)

Air squats