**9/8- Going online**

**Warm up**

*3 rounds*

10 Plank up downs (start on hands, go down to elbows and back up to hands for one)

8 squat jumps (squat and jump up)

3 candlesticks (just hold something that is about 5 lbs, start standing up, roll back, and come back to the standing position)

**Strength**

500 jump ropes (you do not have to have a jump rope for this, use your imagination and make sure your arms are working too)

**WOD**

*3 rounds*

20 squats

1 min plank

25 crunches

35 jumping jacks

25 lunges

1 min wall sit

25 sit ups