**GAF Going Online Day 4**

**Warm up**

3 rounds of:

10 jumping jacks

10 plank out ins

15 high knees (run in place but with really high knees)

**Strength**

50 dips (you can use a chair or a step)

**WOD**

Follow along with this 20 minute workout, it is a great one because it is short, all stuff you can do at home and very little rest so your heart rate will be up! And bonus, there is no one talking in it… so you just listen to music and follow along!

<https://www.youtube.com/watch?v=UBMk30rjy0o>