**GAF Going Online Day 5**

**Warm up**

3 rounds of:

5 burpees

25 crunches

20 lunges

**Strength**

Today, I want you to do something cardio for at least 15 minutes (which means you can go longer). Options can include: rollerblade, ride your bike, jump on the trampoline, do stairs at your house or somewhere, run/walk around your house or neighborhood, jump rope, play Just Dance, etc.

**WOD**

I know I am not a fan of videos, but there are some really good ones out there for being at home!

<https://www.youtube.com/watch?v=-YJXpabrX4k>

This workout burns a lot of calories and works a lot of different muscles! It is a hard one, lots of cardio! Negative… she talks. It’s 30 minutes. Find someone to do it with you!