**Day 3- Going online**

**Warm up**

3 rounds

10 push ups

10 dips

20 jumping jacks

**Strength**

Arms- do either 50 dips or 50 push-ups (basically it’s a burn out on your arms)

**WOD**

10 side lunges (each leg)

20 air squats

30 lunges (15 each leg)

40 Mt. climbers

50 second wall sit

100 high knees- <https://www.pinterest.com/pin/565342559450224270/>

50 second wall sit

40 mt climbers

30 lunges (15 each leg)

20 air squats

10 side lunges (each leg)

Repeat 2 more times