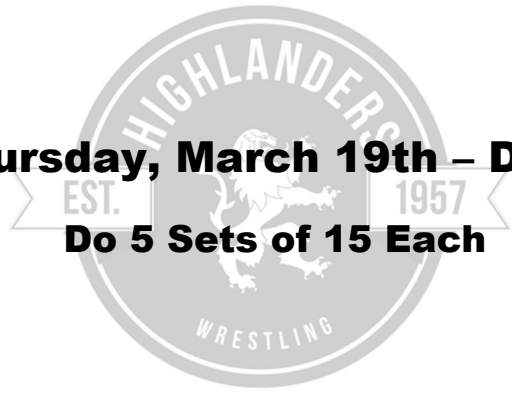
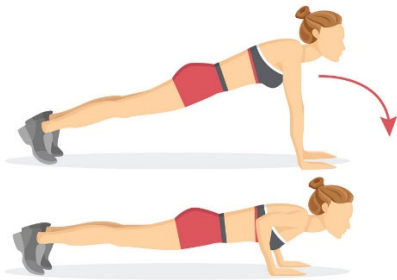


**Thursday, March 19th – Day 3**  
**Do 5 Sets of 15 Each**



1. Push ups



4. Sit Ups



2. Burpees



5. Wall Sits (5 for 30 seconds)



3. Leg Lifts

