

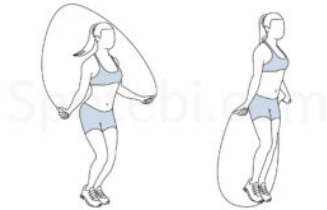
Monday, March 23rd – Week 2, Day 1

5 Sets of 15

1. Jump Rope 3x for 1 min

No rope? No problem

<https://www.youtube.com/watch?v=Mj6NezKTLmw>



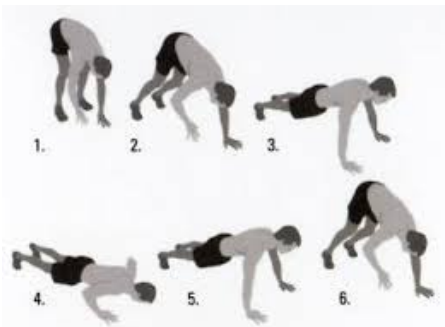
4. Superman

(hold for 45 seconds)



2. Inchworm Push Ups

https://www.youtube.com/watch?v=2OFMP_LhcB8



5. Bicycles

<https://www.youtube.com/watch?v=9FGilxCbdz8>



3. Mountain Climbers

<https://www.youtube.com/watch?v=zT-9L3CEcmk>



6. Lunges

