3.21.20

**Warm up:** Dynamic stretching

**Workout:**

Pushups (25)

Sit-ups (25)

Squats (25)

Burpees (25) 🡪 with or without push-up

Mountain climbers (25)

4 ct flutter kicks (25 on each leg)

Burpees (25) 🡪 with or without push-up

Push-up (25)

Jump squat (25)

Superman’s (25)

Burpees with chest to deck (10)

Jump squats (25)

Pushups (25)

Split squats (30)

Russian twist (25)

Burpees with chest to deck (10)

Sit-ups (50)

Glute bridge (50)

**Stretch!**