



DAY 9: Level 2 (Medium)

Warm up:

- 100 Jumping-Jax

Stretches:

- Legs (Hamstrings, quads) | Arms (Shoulders, triceps) | Chest | Back

Workout of the Day:

- Push yourself to complete this workout in the fastest time possible:
 - 75 Mountain Climbers
 - 21 Burpees
 - 50 Mountain Climbers
 - 15 Burpees
 - 25 Mountain Climbers
 - 9 Burpees

CORE:

- 5 Minute plank (break up into sets that challenge you)

END

Post your results on social media tagging:

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