



DAY 8: Level 2 (Medium)

Warm up:

- 100 Mountain climbers

Stretches:

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

Workout of the Day:

- On the minute every minute for 10 minutes
 - a. 10 Squat Jumps
 - b. 10 burpees
 - c. 10 pushups

CORE:

- 50 Sit-ups
- 50 Bicycle-Kicks
- 50 Jack-Knives

END

Post your results on social media tagging:

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