



## **WOD- Workout of the Day**

### **500 rep Challenge!**

**Warm up for 5 mins. This is a doozy!**

- 1. Squat Jump**
- 2. Side Stepping Lunges**
- 3. Burpee (no jump)**
- 4. Pushups**
- 5. Mountain Climbers (each knee in is 1)**
- 6. Squat w/ Heel Raise**
- 7. Jumping Jacks**
- 8. Plank w/ Shoulder Tap (each tap is 1)**
- 9. Sit ups**
- 10. Hover (or a "count" of 50)**

**50 of each rep! You can also do 25 of each and do the whole thing 2 times through.**