

DSCC-MWR Fitness Center WOD | 3/18/20

Warm Up: 3 Rounds

- Jumping Jacks-10 Repetitions
- High Knees- 10 Repetitions
- Butt Kicks- 10 Repetitions

Exercises

1.) *As Many Rounds as Possible 5 Min x 2*

- Squats- 10 Repetitions
- Pushups- 10 Repetitions
- Mountain Climbers-10 Repetitions
- Front Lunges- 10 Repetitions each leg

2.) *As Many Rounds as Possible- 5 Min x 2*

- Side Squats R/L- 10 Repetitions each leg
- Arm Circles- 10 Repetitions each arm
- Diamond or Wide Pushups-10 Repetitions
- Flutter Kicks- 4 Count-10 Repetitions