

# Workout of the Day!

## 5 Day Challenge – Day 1

This week's workouts build each day for 5 days! Each day will get a little longer, a little harder!

Add weights where/when/if you want!

Buy in: Burpees\*

10 rounds:

10 pushups

15 V ups

20 Squat Jacks

30 Bicycle Abs

Buy out: Burpees\*

\*Burpees

Beginner 30

Intermediate 40

Advanced 50

Cool Down and Stretch