**The Filthy Fifty Workout**



**Perform 50 repetitions for each of the following exercises for time.**

**50 Jumping Jacks**

<https://darebee.com/exercises/jumping-jacks.html>

**50 Air Squats**

<https://darebee.com/exercises/squats-exercise.html>

**50 Moutain Climbers**

<https://darebee.com/exercises/climbers-exercise.html>

**50 Lunges (25 with each leg)**

<https://darebee.com/exercises/forward-lunges.html>

**50 Plank Jacks**

<https://darebee.com/exercises/plank-jacks.html>

**50 Jumping Jacks**

<https://darebee.com/exercises/jumping-jacks.html>