

# 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 Mountain 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>

