

# Monday Mayhem Work Out



**Perform 20 repetitions of the following exercises for 3  
Rounds for time.**

## **High Knees**

<https://darebee.com/exercises/high-knees.html>

## **Jumping Lunges**

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

## **Calf Raises**

<https://darebee.com/exercises/calf-raises.html>

## **Plank Arm Raises**

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

## **Flutter Kicks**

<https://darebee.com/exercises/flutter-kicks.html>

## **Air Squats**

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