

# Countdown Craziness Workout



**Do three Rounds for time.**

**50 Jumping Jacks**

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

**40 Air Squats**

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

**30 Mountain Climbers**

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

**20 Plank Jacks**

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

**10 Exercise of Your Choice**

