

# Dirty Dozen Workout

Tuesday, April 14, 2020 8:26 AM

## Dirty Dozen Workout



**Perform 12 repetitions of each of the following exercises for 12 rounds. Do this workout for time.**

### **Air Squats**

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

### **Jump Squats**

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

### **Jumping Jacks**

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

### **Mountain Climbers**

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