**You’ve got 3 minutes to complete the following mission.**If you’re done before the time is up, perform High-5 Mindful Breathing.

|  |  |
| --- | --- |
| **# of Reps** | **Exercise** |
| 3 | Get Down, Get Up |
| 5 | Sit Ups |
| 5 | Chair (couch) Sits |
| 5 | Triceps Dips |
| 1 | Touch 4 Walls |
| 10 | Lunges |

***INTENSITY QUESTIONS***

How can you make this mission *more* intense?

How can you make this mission *less* intense?