

ROUND #1

Repeat entire sequence 3 times without stopping

1. Push Ups knees under x 20
2. Knee grab crunch extend arms/ legs x 20
3. Squat Jump x 20
4. Run high knees x 20
5. Lunge Jumps x 20

ROUND #2

Do 30 seconds of each x 3 rounds

1. Alternating Scissor Kicks
2. Hi Plank Knees under/ across
3. Bicycles
4. Hi Plank Reptile knees
5. Squat Thrust

ROUND #3

10 Abs- knees in/out Legs up/down

20 Tricep Push Ups

30 Tricep Dips alt legs up

40 Standing Side Crunches

50 Squat Front Kicks

60 Second Plank + 30 second side plank (ea side)