

150 Jumping Jacks_____

150 Reverse Lunges-single_____

150 Bicycle Crunches-double_____

150 Push Ups_____

150 Squats_____

150 Mountain Climbers-single_____

150 Double Crunch_____

1000 Jump Rope_____

50 Squat to Plank or Squat Thrust_____

Bonus: 50 Dips_____