

**Jumping  
Jacks**  
x3

**Full Body  
Squats**  
x3

**Jump  
Squats**  
x2

**Alt. Reverse  
Lunges**  
x2

**Walking  
Lunges**  
x2

**Forearm  
Plank**  
x5 secs

**Full Body  
Sit-Ups**  
x5 secs

**Burpees**  
x2

**Push  
Ups**  
x2

**Wall  
Sit**  
x3 secs

**Mountain  
Climbers**  
x5

**Bicycle  
Crunches**  
x5

**Tricep  
Dips**  
x3

**Russian  
Twists**  
x5

**High  
Knees**  
x5

**Alt. Curtsey  
Lunges**  
x2

<p><b>Jumping Jack Crossovers</b> x3</p>	<p><b>Skaters</b> x3</p>	<p><b>Frog Jumps</b> x2</p>	<p><b>Side Lunges w/ Leg Lift</b> x2</p>
<p><b>Jump Lunges</b> x3</p>	<p><b>Sprint in Place</b> x3 secs</p>	<p><b>Inchworms</b> x3 secs</p>	<p><b>Plank Jacks</b> x2</p>
<p><b>Butt Kicks</b> x2</p>	<p><b>Fast Feet in Squat</b> x3 secs</p>	<p><b>Stairs</b> xflights</p>	<p><b>Reverse Crunches</b> x3</p>
<p><b>Crab Toe Touches</b> x3</p>	<p><b>Crunches</b> x5</p>	<p><b>Mountain Climber Twists</b> x3</p>	<p><b>Glute Bridges</b> x3</p>