

FULL BODY

1A Burpees	15 seconds
1B High Knees	30 seconds
1C Rest	15 seconds

2A Push Up to Alt. Side Plank	15 seconds
2B Reverse Alt. Leg Extension	30 seconds
2C Rest	15 seconds

3A Jumping Knee Tuck	15 seconds
3B Alt. Fire Hydrants	30 seconds
3C Rest	15 seconds

4A Mountain Climber	15 seconds
4B Jumping Lunges	30 seconds
4C Rest	15 seconds

*Rest 30 seconds or 1 minute, then start again
Complete 3-5 rounds (15-25 minutes)*