



20 STAR JUMPS	15 MOUNTAIN CLIMBS
20 PRESS UPS	10 BURPEES
20 SIT UPS	60 SECOND PLANK
20 SQUATS	30 JUMPING SQUATS
20 TRICEP DIPS	30 TRICEP DIPS
40 HIGH KNEES	REST
20 LUNGES	20 JUMPING LUNGES
10 PRESS UP SHOULDER TAPS	20 PRESS UP SHOULDER TAPS
10 PRESS UPS	10 WALK OUT PRESS UPS
REST	60 HIGH KNEES