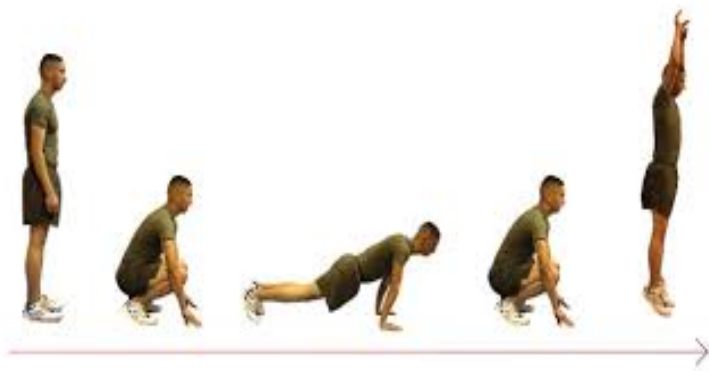


5 BURPEES

Stand, crouch, jump
your feet back,
jump your feet in, jump
up

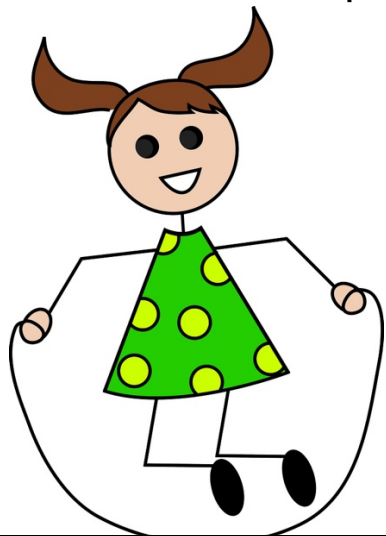


10 PUSH-UPS



JUMP ROPE FOR 30 SECONDS

without the rope!



25 MOUNTAIN CLIMBERS

get in a plank position
and alternate bringing
your knees to your chest



Jog in place for 30 seconds



30 High Knees

how high can you get your
knees?
count each step



20 Frankensteins



left hand to
right foot

right hand
to left foot

10 Frog Leaps



Speed Skaters

hop from side to side and kick your leg behind you count to 20



15 Sit-ups



15 HOPS On each foot



30 CROSS CRAWLS



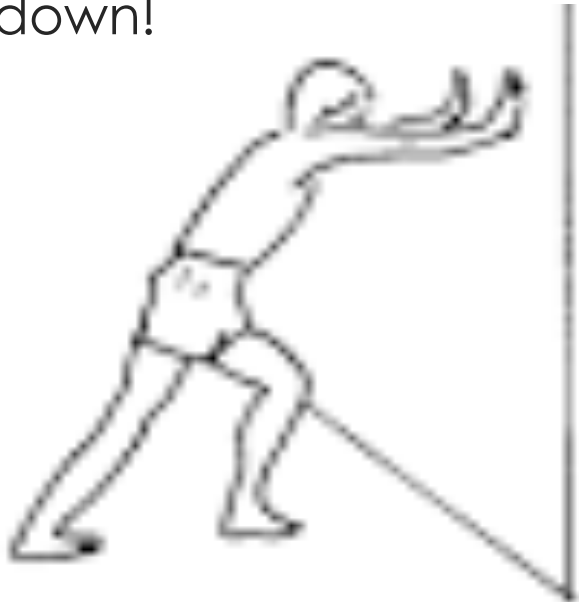
RIGHT HAND
LEFT KNEE



LEFT HAND
RIGHT KNEE

Wall Push

you have 30 seconds to try and push the wall down!



10 Inch Worms

bend at the waist; put your hands on the floor
walk your hands forward, walk your legs forward



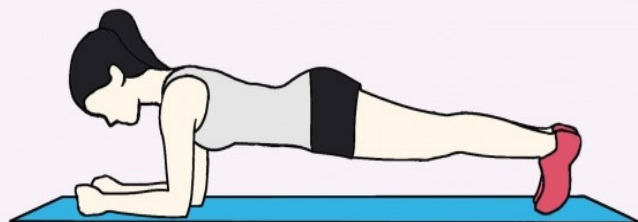
30 Bicycle Sit-ups

do a sit up, but touch your right elbow to your left knee and your left elbow to your right knee



Plank for 30 seconds

hold yourself up on your elbows and toes
stay as stiff as a board



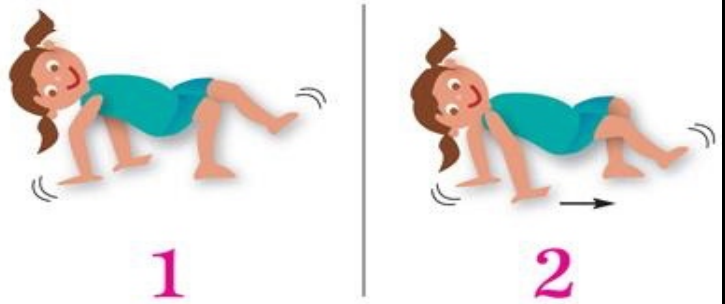
March in place

for 30 seconds



Crab Walk

lean back on your hands and feet
walk forward 10 steps and
backwards 10 steps



30 Donkey Kicks

get on your hands and knees and
kick your legs back into the air
do 15 on the right and 15 on the
left



20 Squats

