

5 PUSH UPS	8 JUMPING JACKS	1 SIT UP	9 MT CLIMBERS	6 Jump up and touch ground and sky
2 Jump up and touch ground and sky	4 Run in Place 10sec	3 Scissor Jumps	7 HIGH KNEES	4 HIGH KNEES
9 JUMPING JACKS	6 SQUATS	1 HIGH KNEE	2 Run in Place 10sec	7 MT CLIMBERS
3 Squat JUMPS	5 PUSH UPS	8 SIT UPS	1 Squat Jumps	9 HIGH KNEES
6 JUMPING JACKS	5 SQUATS	2 SIT UPS	4 SPRING JUMPS	3 BURPEES

