

Perform each exercise 45 seconds

15 sec rest in between each exercise

2-3 rounds

modify & rest as needed

- 1 Jumping Jacks
- 2 Shin Hugs
- 3 Jumping Lunges
- 4 Frog Pushups
- 5 4 count punch to Burpee
- 6 Ground Switch kicks
- 7 Dive Bombers