

<b>Exercise</b>	<b>Reps</b>
Side Animal Crawl	6-8 x 20/10
1 min Jump Rope	
Weighted Wood Chop	6-8 x 20/10
1 min High Knee Skips with Jump Rope	
Single-Leg Burpee	6-8 x 20/10
1 min High Knees Run, Forward & Backward	
Reverse Lunge & Twist	6-8 x 20/10
1 min Jump Rope	
Single-Arm Kick-Through	6-8 x 20/10
1 min High Knee Skips with Jump Rope	
Single-Leg Lunge with Upright Row	6-8 x 20/10
1 min High Knees Run, Forward & Backward	
Mountain Climbers	6-8 x 20/10
1 min Jump Rope	
<b>10 Minute Abs</b>	<b>Time</b>
Rocking Plank	45 sec/15 sec rest
Plank with Alternating Side Hops	45 sec/15 sec rest
Roll-ups	45 sec/15 sec rest
Repeat 2 more times!!	
Russian Twists	1 min