

CIRCUIT #1

20 Jumping Jacks

:30 High Knees

:30 Butt Kickers

5 Tuck Jumps

10 Front Kicks

:30 Mountain Climbers

:30 Water Break

20 Jumping Jacks

:30 Jump Rope

5 Split Jump Squats

10 Front Kicks

:30 Butt Kickers

:15 High Knees

:30 Water Break

30 Jumping Jacks

:40 Jump Rope

5 Burpees

:20 Jog In Place

3 Laps

20 Jumping Jacks

:30 Water Break

10 Lateral Jumps

:30 High Knees

:30 Mtn Climbers

5 Tuck Jumps

20 Jumping Jacks

:25 High Knees

:30 Water Break