

5 Squats

5 Power Jacks

5 Burpies

5 Push ups

5 Mountain Climbers.....

..... 1 Minute Squat kicks

10 Squats

10 Power Jacks

10 Burpies

10 Push ups

10 Mountain Climbers.....

.....1 Minute Squat Kicks

15 Squats

15 Power Jacks

15 Burpies

15 Push Ups

15 Mountain Climbers.....

.....1 Minute Squat Kicks

Stretch

Good Job!!!!!!