

"The Boot Camp Countdown"
5/11/2020

Warm-up

50 Jumping Jacks
40 Mountain Climbers
30 Second Plank
20 Lunges (10 each leg)
10 Pushups

1:00 Break

50 T-H Jacks
40 Cross Body Mountain Climbers
30 Second Shoulder Taps in Plank
20 Lunges with Twist
10 Burpees

1:00 Rest

50 Air Squats
40 High Knees
30 Second Wall Sit
20 Shoulder Pushups
10 Burpees with Streamline Jump

Cool down