

Winner Wednesday!

Warmup

3 rounds: 10 Jumping Jacks, 10 High Knees, 3 Tuck Jumps

Round 1:

:30 High Plank Hold

10 180 Degree Squat Jumps

40 Flutter Kicks

10 Release Pushups

Round 2:

20 Up/Down Planks

15 180 Degree Squat Jumps

50 Flutter Kicks

15 Release Pushups

Round 3:

30 Up/Down Planks

20 180 Degree Squat Jumps

60 Flutter Kicks

20 Release Pushups

Round 4 Challenge:

1:00 Each Exercise/1:00 Rest Between Each

1. Plank Hold
2. Air Squats
3. Flutter Kicks
4. Pushups

Cool Down