

**The Elevator**  
**7/6/2020**

Warmup

Round 1:

10 Pushups

20 Squats

30 Shoulder Touches

40 Lunges

1:00 Run in place to Streamline Burpee Jump

Round 2:

20 Pushups

30 Squats

40 Shoulder Touches

50 Lunges

1:30 Run in place to Streamline Burpee Jump

Round 3:

30 Pushups

40 Squats

50 Shoulder Touches

60 Lunges

2:00 Run in place to Streamline Burpee Jump

Cool Down