1. Warmup 5 Burpees

30 JJ’s 3x

5 inchworms

30 High Knee Run

1. 5 times through: 20 squat Jumps

10 inchworm to pushup

20 Lunges

10 pushups (hands wide!)

30 High knee Run

15 straight leg sit ups

30 Bicycle Kicks (lay on back hands by your side)