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)