1. Warmup 10 squats

5 pushups 3x

10 lunges

5 burpees

1. 8 times through: 20 lunges

20 dips

20 plank jacks (plank position; legs out to the side then back to the middle)

20 glute bridge (lay on back, hands by side, press hips up off the floor for bridge)

20 straight leg situps

20 leg lifts

1 minute wall sit