1. 3 times through

30 JJ/10 front lunge/5 squats/5 pushups/3 inchworms

1. Two times through
   1. 50 sit ups
   2. 25 leg lifts
   3. 50 lateral lunges
   4. 25 inchworms
   5. 50 squats
   6. 25 calf raises
   7. 50 glute bridges (lay on back, raise hips to ceiling keep shoulder blades on ground)
   8. 25 V-ups
   9. 100 JJ’s
   10. 100 Mountain climbers