1. 3 times through

10 squats/5 inchworms/5 pushups/10 lunges

1. Five times through:
	1. 10 Burpees
	2. 10 Squats
	3. 10 Dips
	4. 20 lateral lunges
	5. 20 reverse lunges
	6. 30 mountain climbers
2. Core- 3 times through:
	1. 25 situps
	2. 25 leg lifts
	3. 10 Vups
	4. 30 bicycle kicks