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