1. 3 times through

5 squat Jumps/ 10 lunges/30 mountain climbers

1. Do each set 4 times through then move on

A. 10 pushups/:45 squat hold

B. 30 Lunges/ :60 plank hold

C. 10 Burpees/ :45 wall sit

D. 20 Dips/ :30 plank Jacks

E. 10 Inchworms end in squat jump/ :45 mountain climber

F. 10 situps/ 10 leg lifts