1. 3 times through

30 JJ/ 5 inch worms/30 high knee run/5 pushups/10 squat jumps

1. 50 push ups

25 sit ups

50 burpees

25 leg lifts

50 squats

25 sit ups

50 lunges

25 leg lefts

50 JJ

25 situps

5 minutes wall sit :45 on :15 off