1. 3 times through

30 JJ/ 10 inch worms/30 high knee run/20 arm circles

1. 6 times through:
   1. 50 squats
   2. 40 whole lunge (front to back)
   3. 30 shoulder taps
   4. 20 back lunges
   5. 10 pushups
   6. 1 minute wall sit
2. 2-3 times through:
   1. 15 situps
   2. 30 toe taps
   3. 10 vups
   4. 30 bicycle kicks
   5. 15 leg lifts