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