1. 3 times through

20 JJ/ 15 squats/ 10 front lunges/ 5 pushups

1. 20 minutes as many rounds as possible!

15 mountain climbers

15 glute bridges (lay on back, push hips and glutes up!)

15 plank jacks

15 dips

15 step ups (use a stair in your house or bench)

15 high knee run

15 leg lifts

1. Abs:

50 reverse crunches

30 second right side plank

30 second left side plank