1. 3 times through

10 squat jumps/5 pushups/30 high knee run/5 inchworms

1. Do 16 of each down the list, then 14, then 12, 10, etc.
   1. 16 Burpees
   2. 16 pushups
   3. 16 reverse lunges
   4. 16 shoulder taps (each side)
   5. 16 inchworms
   6. 16 squat jumps
   7. 16 leg lifts