1. 3 times through

5 pushups/30 JJ/5 inchworms/30 high knee run/5 situps

1. :45 on :15 off!
   1. 3 times through:
      1. Mountain climbers
      2. Squat jumps
      3. Dips
      4. Front lunges
      5. Wall sit
      6. Plank
      7. High knee run
      8. Reverse crunch (knees into your chest)
      9. Inchworms
      10. Reverse lunge