1. 3 times through

5 right side front lunge/5 left front lunge /5 inch worm/10 squat jumps

1. 50 Squats

50 Lunges (total)

50 JJ

50 Glute Bridge (lay flat on back, raise hips off ground)

:45 Rest

40 Squats

40 Lunges

40 JJ

40 Glute Bridges

:45 Rest

Continue set of 30, 20 and 10!