1. 3x through:
   1. 30 JJ’s
   2. 10 inchworms
   3. 30 high knee
   4. 20 Arm circles (each way)
2. 6x through:
   1. 50 squats
   2. 40 whole lunges
   3. 30 shoulder taps
   4. 20 front lunges
   5. 10 pushups
   6. 1 minute wall sit
3. 2x through:
   1. 15 situps
   2. 30 toe taps(opp. Hand opp toe)
   3. 15 vups
   4. 30 bicycle kicks