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