1. 3 times through

5 inchworms/30 JJ/5 pushups/10 squat jumps/5 situps

1. 3x through
   1. 50 JJ
   2. 25 Squats
   3. 50 Mountain Climbers
   4. 25 Leg lifts
   5. 50 High Knees
   6. 25 situps
   7. 50 squat Jumps
   8. 25 pushups