1. 3 times through

10 Squats/10 Lunges/5 inchworms/30 mountain climbers

1. 30 minutes- Do as many rounds as possible:
	1. 15 squat jumps
	2. 15 plank jacks
	3. 15 reverse lunges
	4. 10 burpees
	5. 10 High Knee Run
	6. 10 Glute Bridge
	7. 5 Inchworms
2. Core:
	1. 1 minute plank
	2. 45 sec side plank
	3. 45 sec side plank
	4. 30 sit ups
	5. 10 v-ups