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