1. Do as many rounds as possible in 10 minutes
   1. 5 burpees
   2. 5 squat jumps
   3. 5 inch worms plus shoulder taps
   4. 10 reverse lunges
   5. 5 pushups
2. :45/:15 rest for 10 minutes
   1. Plank
   2. High knee run
   3. Front lunge
   4. Bicycle kicks
3. 10 minute run around the block!