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!