1. Warmup 20 minute run (treadmill or outside around the block!)
2. 1 time through:
	1. 50 situps
	2. 100 bicycle kicks
	3. 50 burpees
	4. 100 mountain climbers
	5. 50 dips (find a chair or side of the couch!)
	6. 10 inch worms
	7. 10 eccentric pushups
	8. 10 squat jumps