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