1. Go down the list- start at 16 reps, then next round 14, then 12, 10, 8, 6, 4, 2!
   1. 16 push ups
   2. 16 side lunge (each side)
   3. 16 squats
   4. 16 situps
   5. 16 dips
2. Core do the following 3 rounds:
   1. 20 leg lifts
   2. 30 bicycle kicks
   3. 10 V-ups
   4. 30 toe touches (legs up in air)