1. 3 times through
   1. :30 Jumping Jacks/:30 high knee run/ 10 inch worms
2. Six times through
   1. 20 shoulder taps
   2. 30 high knees
   3. 20 squats
   4. 20 squats
   5. 20 lunges
   6. 20 step ups
   7. 10 inch worms