	:15 backstroke kicks	:20 high knee runs	:15 glute bridge hold	15x jumping jacks	:15 streamline hold	
	5 yards crab walk	5x toy soldier	7 x toy soldier	:15 high knee runs	10x bunny hops in streamline (in place)	
	10 x jumping jacks	:10 plank		10 x squats	5 swimmers	
	:30 Streamline hold	5 x toy soldiers	1 x push up	10 x squat jumps into streamline	:10 wall sit	
	5 x lunges	10x lateral hops (side to side)	:20 wall sit	5 x squats	:05 plank	