

If available, use a small weight or a gallon of water for the exercises we usually use the medicine ball for.

**100 sitting flutters
50 chest press flutters
100 twisters
20 squats with a 5" hold
100 mountain climbers
20 burpees with a push up
100 jumping chest presses
50 shoulder touches
20 push ups into a side plank with a 5" hold
20 dead bugs on both sides
20 bird dogs with a 5" hold
4 x 30" wall-sit
100 Jumping Jacks**

**50 sitting flutters
25 chest press flutters
50 twisters
10 squats with a 5" hold
50 mountain climbers
10 burpees with a push up
50 jumping chest presses
20 shoulder touches
10 push ups into a side plank with a 5" hold
10 dead bugs on both sides
10 bird dogs with a 5" hold
2 x 30" wall-sit
50 Jumping Jacks**