



Warm-Up 2-3 Rounds

1 min jog
15 sec High Knees
15 sec booty kicks
10 lunges
10 russian twists
10 push-ups

Stairs - 20 minutes

Sprint up the steps, walk down
Alternatives: sprint uphill in neighborhood
alternating step-ups if small # steps

Jumping Jack Circuit - 2-3 Rounds

50 jumping jacks, 50 leg lifts
45 jumping jacks, 45 squats
40 jumping jacks, 40 push-ups
35 jumping jacks, 35 sit-ups
30 jumping jacks, 30 lunge jumps
25 jumping jacks, 25 burpees
20 jumping jacks, 20 squat jumps
15 jumping jacks, 15 suitcases
10 jumping jacks, 10 side plank leg raises (both)
5 jumping jacks, 5 flutter kicks (both)

Finisher: 50 squat jumps no rest, pulse squat for 1 min

After squat jumps, directly into pulse squats

"Challenge is nothing more than a seed of opportunity."