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| 20 star JUMPS | 15 MMOUTAIN CLIMBS |
| 20 PRESS UPS | 10 BURPEES |
| 20 SIT UPS | 60 SECOND PLANK |
| 20 SQUATS | 30 JUMPING SQUATS |
| 20 TRICEP DIPS | 30 TRICEP DIPS |
| 40 HIGH KNEES | REST |
| 20 LUNGES | 20 JUMPING LUNGES |
| 10 PRESS UP SHOULD TAPS | 20 PRESS UP SHOULDER TAPS |
| 10 BOX PRESS UPS | 10 WALK OUT PRESS UPS |
| REST | 60 HIGH KNEES |