

Cardio

- 60 marching steps
 - side step butt kicks - 10 on each side
 - 20 fast squats
 - 60 heel to floor skips
 - 40 mountain climbers
 - 40 jumping jacks
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- 30 marching steps
 - 30 alternating lunges
 - 15 frog jumps
 - 20 side lunges (10 each side)
 - 5 burpees
 - heel to floor skipping 30 secs
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- 30 marching steps
 - 30 mountain climbers
 - 30 jumping jacks
 - 30 heel to floor skips
 - 30 squats
 - 15 burpees
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- 30 marching steps
- 30 high knees
- 30 jumping jacks
- 30 butt kicks
- 15 frog jumps
- 30 high knee marches
- 20 side lunges
- 40 skips
- 10 plank jacks