

Arms	Legs	Tummy	Standing
<b>15</b> { Curls }	<b>50</b> { Calf Lifts }	<b>30</b> { Double LegLifts }	<b>30</b> { Side leg lifts }
<b>20</b> { Straight-Up }	<b>15</b> { S-leg Squat }	<b>10</b> {Push-Up/CLiTaps}	<b>50</b> { Knee ups }
<b>20</b> { Triceps }	<b>20</b> { Straight-Out }	<b>30</b> { Scissor Kicks }	<b>30</b> { Standing twists }
<b>20</b> { Side-Out }	<b>20</b> { Side-Up }	<b>10</b> {Push-Up/CLiTaps}	<b>50</b> { Jumpin jax }
<b>20</b> { Straight-Out }	<b>25</b> { Knee-Up }	<b>30</b> { Mountain-Cli. }	<b>20</b> { Straight-Back }
<b>10</b> { Push-Ups }	<b>10</b> { Straight-Back }	<b>10</b> {Push-Up/CLiTaps}	<b>30s.</b> { 1 foot balance }
		<b>50</b> { Sit-Ups }	<b>50</b> { Calf lifts }
		<b>10</b> {Push-Up/CLiTaps}	<b>10</b> { S-leg Squat }
		<b>30</b> { Bicycle Crunchz }	<b>10 Min.</b> { Jog }
		<b>10</b> {Push-Up/CLiTaps}	
		<b>30</b> { Twisting SitUps }	
		<b>10</b> {Push-Up/CLiTaps}	
		<b>30 s.</b> { Planks }	
		<b>1 Min.</b> { V plank }	