

Amount	Unit	Exercise
10	repetition	Hollow Rocks
10	repetition	Star Jumps
30	seconds	Wall Sit
10	repetition	Hollow Rocks
10	repetition	Star Jumps
30	seconds	Wall Sit
10	repetition	Hollow Rocks
10	repetition	Star Jumps
30	seconds	Wall Sit
21	repetition	Pushups
15	repetition	Jumping Lunges
9	repetition	Mountain Climbers
21	repetition	Pushups
15	repetition	Jumping Lunges
9	repetition	Mountain Climbers
21	repetition	Pushups
15	repetition	Jumping Lunges
9	repetition	Mountain Climbers
30	seconds	Front Plank
30	seconds	Side Plank
30	seconds	Side Plank
30	seconds	Front Plank