

Day 1			
Sit-Up	5	60s	60s
Long Jump	3	8	30s
Squat	3	20	30s
Day 2			
Jumping Lunge	3	20	30s
Russian Twist	3	20	30s
Push-Ups	3	Max	30s
Day 3			
Side Plank	3	4	30s
Mountain Climber	5	60s	60s
Groiners	3	10	30s
Day 4			
Walking Lunge	3	20	30s
Reverse Crunch	5	60s	60s
Burpee	3	20	30s
Day 5			
Tri Dips	3	12	60s
Step Up w/ Knee Raise	3	20	30s
Spider Crawl	3	10(5 p side)	60s
Day 6			
Pistol Squat	3	14	30s
Plank	3	Max	30s
Jumping Squad	3	20	30s