

**Day 1**

<b>Sit-Up</b>	5	60s	60s
<b>Reverse Crunch</b>	5	60s	60s
<b>Walking Lunge</b>	3	20	30s
<b>Groiners</b>	3	10	30s
<b>Plank</b>	3	Max	30s
<b>Step Up w/ Knee Raise</b>	3	20	30s

**Day 2**

<b>Russian Twist</b>	3	20	30s
<b>Pistol Squat</b>	3	14	30s
<b>Side Plank</b>	3	4	30s
<b>Squat</b>	3	20	30s
<b>Burpee</b>	3	20	30s
<b>Push-Ups</b>	3	Max	30s

**Day 3**

<b>Long Jump</b>	3	8	30s
<b>Tri Dips</b>	3	12	60s
<b>Jumping Lunge</b>	3	20	30s
<b>Spider Crawl</b>	3	10(5 p side)	60s
<b>Mountain Climber</b>	5	60s	60s
<b>Jumping Squad</b>	3	20	30s