

1 Fitness-1

Step Back Stretch
Butt Kicker Swings
Standing Jackknife
Side Lunge Toe Touch
Kick + Toe Tap
Squats
Butt Kickers
Split Jumps
Jumping Jack + Front Kick
Kick Off + Side Squat
Up & Over Jump Squats
Side Plank Kicks
Side Lunge Plyo Push off
2 Knees + Lunge + Jump
Split Jump + Squat
2 Reverse Kicks + Jump
Mountain Climber + Plank Jack
Pop Squat Cross Over

2 Fitness-2

March In Place
Jog In Place
Torso Twists
Row + Lateral Step
Squats
Slow Burpees
Jumping Jacks
Lateral Step + Reach
Ventral Jacks
High Knee Pause
Fly Jacks
Bicycle Crunches
Lunge Jacks
Plank Slaps
Stutter Jacks
Lateral Hops
High Knee Jacks
Leg Raise + Crunch
Plank + Leg Raise
Toe Touch Kicks
Jumping Jacks

3 Fitness-3

Boxer Shuffle
Kick + Steps
High Knee Pulls
Warrior Jacks
Toe Touch Circles
Butt Kickers
Squats
Long Lunges
Switch Sides
Slow Burpees
Up & Out Jacks
Plyo Side Lunge
Jump Squat Combo
Skater Jump Burst
Twist Jump Drop
Jumping Lunge + 2 Lifts
Plank Jack Spider Hop
2 Hooks + 2 Uppercuts + 2 Jacks
Squat + Up or Down
Plank Taps + Lift
Squat Jack + Kick
Bicycle Crunches
3 Ducks + Side Kick
Up & Out Jacks
3 Squat Hops + Jump
Jumping Lunges
Squat Pulses

4 Fitness-4

Boxer Shuffle
Swing + Step
Torso Twist + Knee
Standing Pike(Jackknife)
Warrior Jacks
Toe Touch Circles
Butt Kickers
Squats
Long Lunges
Slow Burpees
Up & Over Hops
Up & Out Jacks
Plyo Side Lunge
Jump Squat + Front Kick
Push Ups
Jumping Lunges
Skip Jump
X Burpees
Heel Click Drop & Step
Squat Jacks
High Knees
Kick out(Burpee) + Side Kick
Tall Plank + Leg Lift
Squat Tap + Ankle Tap
Broad Jump + Steps Back
2 Runner(Knee) Drops
Lateral Jump Squat Jump

5 Fitness-5

Over Head Stretch + Toe Touch
Torso Twist + Knee
Front Kicks
Warrior Stretch (Step Back Stretch)
Up & Over Steps
Squats
Reverse Lunge
Butt Kickers
Split Jumps
Jumping Jacks
3 Split Jumps + Side Lunge
Jump Squat + Step Back Lunge
Reverse Lunge + High(Front) Kick
High Knee Stutter
Burpees + Split Jumps
Jump Squats
Lateral Jump + Squat Jack
Squat + Single Leg Kickout(PushUp)
Bicycle Crunches
PushUp With Single Leg Lift
Squat Jump + Side Lunge
Jumping Curtsy Repeater
2 Runners(Knees) + Center Drop
Side Lunge + Center Burpee
Jumping Jacks

6 Fitness-6

Kick Off + Star Jack(X Jack)
Static(Pulse) Squat + Step Back
Pivot Burpee
Broad Jump + Jump Squat
Lateral Jump Lunge
Side Lunge + 2 Center Jumps
Squat Jump + Knee Up(Ankle Tap)

7 Fitness-7

Boxer Shuffle
Butt Kick Swings
Lateral Pulls
Leg Raise + Arms
Walkdown
Squat
Butt Kickers
Lateral Jumps
Jumping Jacks
High Knee Stutters
Slow Squat Jump
Toe Touch Squat Pop
Power Skips(Skip Jumps)
Burpee Split Jumps
Knee Up Jumps
Power Curtsy