

1 03

180° Jump Squats
Burpees
Side Shuffle With Knee Holds
High Knees
Inchworm(Walkdown) With PushUps
Jumping Jacks
Jumping Lunges
Side Shuffles + Side Lunge
Kick Unders
Mountain Climbers
Plank Ups
Power Lunges
Skater Hops

2 04

Jumping Lunges
Burpees
Single-Leg DeadLift + Hop
Froggers
Sumo Jump Squats
Plank Jacks
Plyo PushUps

3 05

Tricep Dips
T PushUps
Plank Ups
Inchworm(Walkdown) With Shoulder Taps
SuperMan Holds With Squeeze
Walking Push Ups
ForeArm Plank Jacks
Rolling ForeArm Side Plank
Triangle PushUps
Hand Release PushUps With Arm Raise
Incline PushUps
Tricep Dips With Leg Lifted

4 06

Low Lunge + Arms Overhead
Low Lunge + Twist
Figure 4 Stretch
Pigeon
Happy Baby
Child's Pose
Butterfly Stretch
Deep Squat + Fold
Double Pigeon

5 07

Traveling Plyo Lunge
Weighted Squat Jump
Single-Leg DeadLift
Knee Up To Knee Tuck
Power Claw
Single-Leg Bridge
Dumbbell Power Clean
Burpee To Jumping Jack
Broad Jump With High Knee Go Back

6 08

Overhead Press
Bent-Arm Raise
Jab Jab Cross
Curtsy Lunge Curl
Reverse Fly
Push Up Row

7 09

High Knees
Pistol Squat
Squat And Rotational Press
Weighted Plyo Lunge
Clapping Push Ups
V-Ups

8 10

High Knees To Mountain Climbers

Lateral Shuffle

Tuck Jump

Traveling Plyo Jump

Drop Squat

Burpee With Side Jump

9 11

Lateral High Knees

Decline PushUp With Soulder Tap

Bulgarian Split Squat

Plank Up + PushUp

Power Lunge(Skip Jump)

10 12

Dumbbell Squat

Twist Mountain Climbers

Froggers

11 13

Squats

Dumbbell DeadLifts

Side Lunges

Single-Leg Glute Bridges

Squat Pulses With One Calf Raise

ForeArm Plank Rollers
Scissors
Down-Dog PushUps
Leg Extends
Squat Pulses
Squat Zips(With Center Drop)