

30 Second Intervals

(10 second rests between)

Jumping Jacks

Push-ups

Air Squats

Wall Climbs

High Knees

Burpees

Reverse Lunges

Crunches



**Repeat 4
Times!**

Then:

45 second Front Plank

30 second Side Plank

45 second Front Plank

30 second Side Plank

45 second Front Plank

1 min rest



**Repeat 2
Times!**