

180 Degree Jumps



Bird/Dog



Kettlebell Swings



4 Touch Plank



***2 shoulder taps**

***2 toe touch**



Standing Row with exercise bands/dumbbells



Alt Step-ups on Bench



Bear Walk to Cone and Back



Frog Hops



Bosu Balance Squats



Push-ups



Swiss Ball Crunches



Walking Lunges



