

8 High Knees

8 Mountain Climbers



***repeat**



Cone Weave - run in/out



Double Pulse Jump Squat



Alternating Bicep Curl to Press

* with dumbbells



Plank Jacks



BOSU Balance Squats



Swiss Ball - Hamstring Curls



Skipping



Chest to Ground Burpees



Alternating Step-ups



5 Sit-ups - 5 Push-ups

***repeat**



Standing Row

- with Exercise Bands

