

1. WARM UP

5 Mins of either

Walk

Treadmill

Stairs

2. WORKOUT

20 Jumping Jacks

10 Jump Squats

5 Sit ups

18 Jumping Jacks

9 Jump Squats

4 sit ups

16 Jumping Jacks

8 Jump squats

3 sit ups

14 Jumping Jacks

7 Jump squats

2 sit ups

12 Jumping jacks

6 Jump squats

1 sit up

3. ADVANCED (additional)

12 Jumping jacks

6 Jump squats

1 sit up

14 Jumping Jacks

7 Jump squats

2 sit ups

16 Jumping Jacks

8 Jump squats

3 sit ups

18 Jumping Jacks

9 Jump Squats

4 sit ups

20 Jumping Jacks

10 Jump Squats

5 Sit ups

4. Cool down

5 Mins of either

Walk

Treadmill

Stairs

Stretch

(Tip...add dumbbells to intensify)

