

# **N ' A T**

**1**

**10  
Jumping  
Jacks**

**Pick 10  
Moves of  
your  
choice**

**10  
Burpees**

**2**

**10  
Lunges**

**10 Push  
Ups**

**30 Second  
Plank  
Hold**

**3**

**15 Sit Ups**

**12 Air  
Squats**

**20  
Mountain  
Climbers**