

Y

I

N

Z

1

5 Push ups

**10 of a
movement
of your
choice**

**10 toe
touches**

15 sit ups

2

**15 jumping
jacks**

10 sit ups

**30 seconds
of high
knees**

**Planks for
20 seconds**

3

**30 seconds
of running
in place**

**20 hops in
place**

**10 air
squats**

**Hop on
one foot 15
seconds
each leg**

4

12 lunges

5 burpees

**30
mountain
climbers**

**10 Skater
Hops**

