

## ROUND 1

Jump squat  
High plank with toe touch  
20 sec on 10 sec off  
repeat 4x through

*REST FOR 1-2 MINS*

## ROUND 2

Burpees  
Supermans  
20 sec on 10 sec off  
repeat 4x through

### ROUND 1

Jump squat  
High plank with toe touch  
20 sec on 10 sec off  
repeat 4x through



### JUMP SQUATS 20 SEC ON

Weight in heels  
Torso up  
Power through this movement

### 10 SEC OFF

Head to the mat for some high plank  
toe touches



### HIGH PLANK TOE TOUCH 20 SEC ON

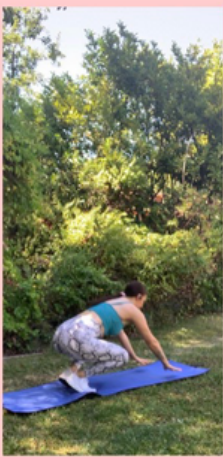
Get into high plank  
Reach opposite hand to opposite  
foot  
repeat on other side

### 10 SEC REST

Repeat the jump squats and high plank toe touches 4x through  
Once round 1 is completed take a 1 minute rest then move into round 2

### ROUND 2

Burpees  
Supermans  
20 sec on 10 sec off  
repeat 4x through

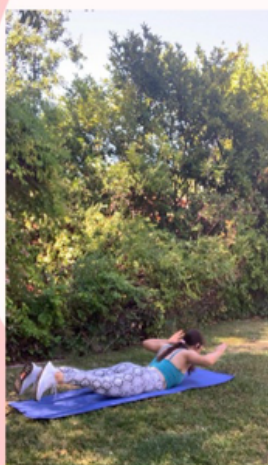
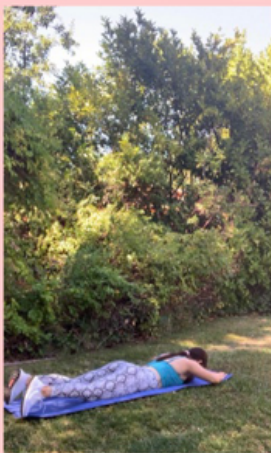


### BURPEES 20 SEC ON

Jump down into high plank, do pushup (can do on knees), jump back up to standing then into the air. repeat

### 10 SEC REST

Get on mat for Superman's



### SUPERMANS 20 SEC ON

Lay flat down on stomach with each rep raise upper body and legs off the ground using low back and glutes

### REPEAT ROUND 2 4X THRU

Great job!