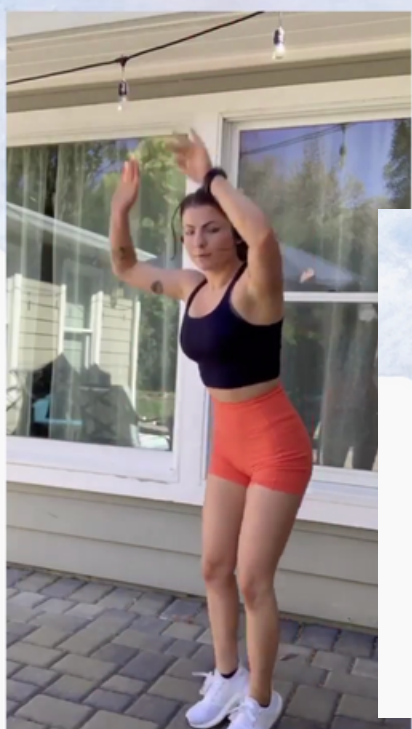


40 sec on, 30 sec off

Rest for one minute between rounds

- Burpees
- Mountain climbers
- Alternating L holds
- Toe taps
- Skiers
- Penguins

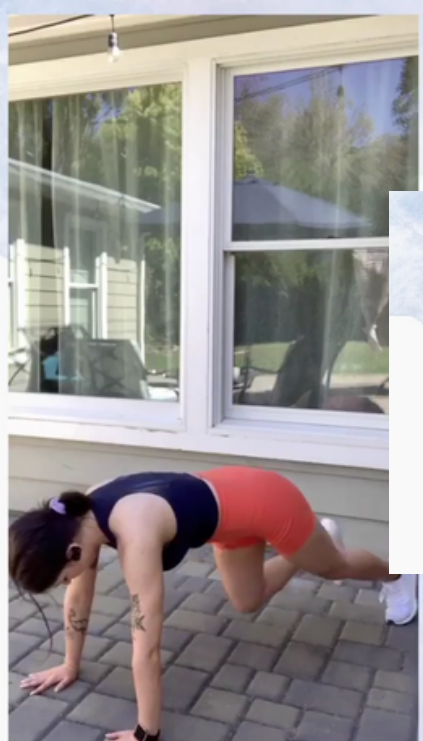


## Burpees

— jump down into plank position

- OPTIONAL PUSH UP THEN COME BACK UP AND JUMP AT TOP. REPEAT.

CAN DO HALF BURPEE  
NO JUMP AT TOP NO PUSH UP



## Mountain climbers

- GET IN PLANK POSITION
- ENGAGE CORE
- ALTERNATE BRINGING KNEES TO CHEST

## Alternating L holds

- ENGAGE YOUR CORE!
- KEEP HEAD DOWN
- RAISE ONE LEG ALL THE WAY UP AND ONE LEG DOWN
- HOLD 3 SEC AND REPEAT







## Toe Taps

- ENGAGE YOUR CORE!
- REACH UP FOR YOUR FEET
- LOWER LEGS WITH EACH REP  
OR
- QUICKLY ALTERNATE SIDES



## Skaters

- JUMP INTO A CURTSEY LUNGE
- OPTIONAL TOUCH DOWN
  - KEEP WEIGHT IN HEEL OF OUR FRONT FOOT
  - AVOID BANGING BACK KNEE



## Penguins

- KNEES BENT
- LIFT YOUR HEAD UP WITH YOUR CORE
- MOVE SIDE TO SIDE TOUCHING YOUR FEET WITH YOUR HANDS
- ENGAGE YOUR CORE!