

Do each exercise for 30 seconds, 10 seconds of transition/rest time, repeat series 2-3 times.

1. Jumping jacks (total body)
2. Wall sit (lower body)
3. Push-up (upper body)
4. Abdominal crunch (core)
5. Mt Climbers (total body)
6. Squat (lower body)
7. Triceps dip on chair (upper body)
8. Plank (core)
9. High knees/running in place (total body)
10. Lunge (lower body)
11. Push-up and rotation (upper body)
12. Side plank (core)

#### Additional

13. Parachuter/Superman (back)
14. Standing one leg Superman (back & balance)
15. Bicycles (core)
16. Opposite arm and leg out
17. Scissor kicks (similar to Bicycles) (core)
18. Burpees (total body)
19. Trunk turn with medicine ball (core)
20. Squat-jump-turn (quads & explosive)