

CHOOSE YOUR OWN ADVENTURE

ABS:



20 Sit-Ups



10 Row, Row, Row
Your Boat



10 Tickle
Push-Ups



15 Crunches



10 Donkey
Kicks



10 Starfish



10 sec
Roly Poly



30 sec
Cheetah

LEGS:



20 Squats



20 Right
Leg Hops



20 Left
Leg Hops



10 Tickle
Push-Ups



10 V-Sits



10 Frog
Jumps



10 Bunny
Hops



5 Inch
Worms



1 min Plank

CARDIO:



15 Mountain
Climbers



35 Jumping
Jacks



10 Plyo
Push-Ups



30 Sec
Bear Crawl



30 sec
Front Crab



20 Wacky
Jacks



30 sec
Soccer Dribble



30 sec
Bball Dribble



30 sec
Mogul Skiing

