

# TWISTED - 2

**Set 1: I ride in a jeep on the jack of the back of the jeep.**

**Exercises:** 5x Front Crab/Backward Hop  
5x Rowboat/W-Sit  
5x Back Crab/Bear Crawl

**Set 2: How much wood would a woodchuck chuck if a woodchuck could chuck wood?**

**Exercises:** 5x Right Leg Hop/Vertical Scissor  
5x Left Leg Hop/Horizontal Scissor  
5x Push-up/Mountain Climber

**Set 3: A big black bug bit a big black dog on his big black nose.**

**Exercises:** 5x Cheetos  
5x Frog Jump/Bunny Hop  
5x Donkey Kick/Squat Jump

**Set 4: Can you can a can as a canner can can a can?**

**Exercises:** 5x Calf Raise/Tuck Jumps  
5x Crunch/Dancing Crab  
5x Ohno/Ohyes

**Set 5: The sixth sick sheik's sixth sheep's sick.**

**Exercises:** 20 sec Arm Circles/Cheetahs  
5x Starfish Burpees  
5x Jumping Jack Lunges

**Set 6: A pale pink proud peacock pompously preened it's pretty plumage.**

**Exercises:** 20 sec Skiing Basketball  
20 sec Soccer Wacky Jack  
5x V-Sit/Windshield Wiper