

TWISTED #1

SET 1: If a dog chews shoes, whose shoes does he choose?

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

SET 2: I thought of thinking of thanking you.

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

SET 3: Ted fed Fred bread and Fred fed Ted bread.

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