

B CROSS COUNTRY SKIERS	I JUMPING JACKS	N SIDE PLANKS	G INCHWORMS	O PLANK JACKS
B CALF RAISES W/ARMS OVERHEAD	I TRICEP DIPS	N WALL RUN	G RUSSIAN TWISTS	O LATERAL LUNGES
B FIRE HYDRANTS	I MOUNTAIN CLIMBERS	FREE	G SQUATS	O BRIDGES
B SUPERMANS	I PLANK	N TOE TOUCHES	G ARM CIRCLES	O PUSH UPS
B SKATER JUMPS	I FORWARD LUNGES	N TORSO TWISTS	G BICYCLES	O BURPEES