

30 *Jumping Jacks*

5 Pushups

25 Knee Highs

7 Burpees

10 *Crunches*

7 Squats

5 *Pushups*

10 Crunches

5 Pushups

7 SQUATS

30 *Jumping Jacks*

1 *Minute Wall Sit*

5 Pushups

25 *Knee Highs*

Repeat 3-5 times for max results