

W1: Single Leg Hops



W2: Skipping or Jacks



W3: Standing Mt Climbers



W4: Burpees



W1: Rev Lunge Ball Pass



W2: Rotting Side Lunge



W3: DB Squat Swing



W4: Side Lunges



W1: Russian Twist



W2: Bear Crawl Front Step



W3: Push Ups



W4: Squats & Triceps Extension

