ROUND 1
Jump squat
High plank with toe touch
20 sec on 10 sec off
repeat 4x through

REST FOR 1-2 MINS

ROUND 2
Burpees
Supermans
20 sec on 10 sec off
repeat 4x through

JUMP SQUATS
20 SEC ON
Weight in heels
Torsos up
Power through this movement

10 SEC OFF
Head to the mat for some high plank toe touches

HIGH PLANK TOE TOUCH
20 SEC ON
Get into high plank
Reach opposite hand to opposite foot
repeat on other side
10 SEC REST
Repeat the jump squats and high plank toe touches 4x through. Once round 1 is completed take a 1 minute rest then move into round 2.

ROUND 2
Burpees
Supermans
20 sec on 10 sec off
repeat 4x through

BURPEES 20 SEC ON
Jump down into high plank, do pushup (can do on knees), jump back up to standing then into the air, repeat.

10 SEC REST
Get on mat for Supermans.

SUPERMANS 20 SEC ON
Lay flat down on stomach with each rep raise upper body and large off the ground using low back and glutes.

REPEAT ROUND 2 4X THRU
Great job!