Rest for one minute between rounds

- Burpees
- Mountain climbers
- Alternating L holds
- Toe taps
- Skiers
- Penguins

Burpees
- Optional push up then come back up and jump at top. Repeat.
- Can do half burpee
- No jump at top no push up

Mountain climbers
- Get in plank position
- Engage core
- Alternate bringing knees to chest

Alternating L holds
- Engage your core!
- Keep head down
- Raise one leg all the way up and one leg down
- Hold 3 sec and repeat
Toe Taps
- Engage your core!
- Reach up for your feet
- Lower legs with each rep
- Quickly alternate sides

Skaters
- Jump into a curtsey lunge
- Optional touch down
- Keep weight in heel of our front foot
- Avoid banging back knee

Penguins
- Knees bent
- Lift your head up with your core
- Move side to side touching your feet with your hands
- Engage your core!