

Try to get through this two times today! You can do 1 rounds in the morning and 1 round at night or 1 full hour!

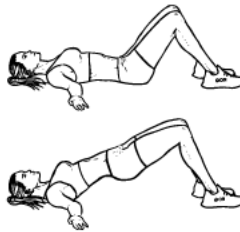
**Twisting Jump Squats**



20 reps

0:30  
rest

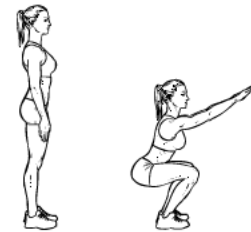
**Hip Raises**



20 reps

0:30  
rest

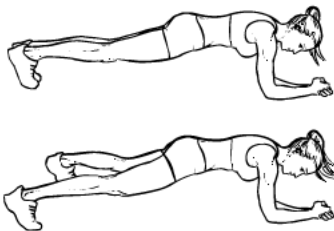
**Air Squats**



20 reps

0:30  
rest

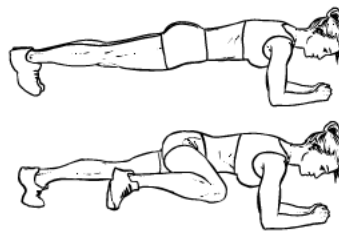
**Plank Jacks**



20 sets

0:30  
rest

**Plank Knee to Elbow**



20 reps

0:30  
rest

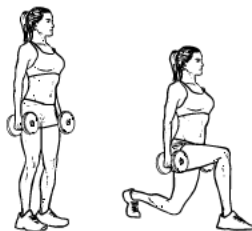
**Cardio - Running**



10 min

0:30  
rest

**Dumbbell Walking Lunges**

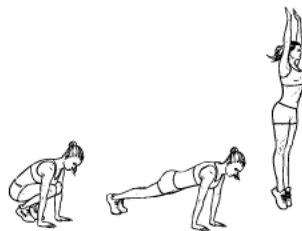


20 reps

Walking Lunges

0:30  
rest

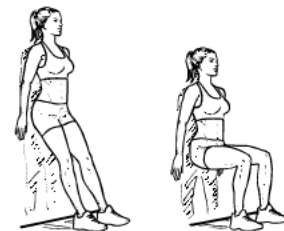
**Burpees**



20 reps

0:45  
rest

**Wall Sits**



45 secs

0:45  
rest