



# Today's Workout: 30/30

**Focus: Endurance (30 minutes)**

5 Rounds.

30 seconds work. 30 seconds rest.

1 minute between rounds.

## **Warm Up:**

March in Place, Squat with Twist, Jog in Place, Butt Kicks, Arm Circles

## **Rounds 1 & 3:**

Jumping Jacks

Push Ups

Crunches

Squats

Power Punches

## **Rounds 2 & 4:**

Mountain Climber

Wall Sit

Slides

Plank

Ski Jumps/Side Step

## **Round 5:**

Front Kicks

Power Punches

Crunches

Burpee

Jumping Jacks

## **Cool Down:**

Lunging Walk, Cross Arm Stretch, Upper Arm Pull, Body Fold, Calf Stretch