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