Today's Workout: 45/15
Focus: Endurance (30 minutes)
5 Rounds.
45 seconds work. 15 seconds rest.
1:30 Rest between rounds.

Warm Up:
March in Place, Squat with Twist, Jog in Place, Jumping Jacks, Arm Circles

Rounds 1 & 3:
Push Ups
Squats
Slides
Power Punches
Knee Drive

Rounds 2 & 4:
Plank
Front Kicks
Crunches
Wall Sit
Mountain Climber

Rounds 5:
Jumping Jacks
Butt Kicks
Side Plank (Left & Right)
Ski Jumps/Side Step
Burpee

Cool Down:
Cross Arm Stretch, Lateral Arm Pull, Body Fold, Lunge/Reach, Calf Stretch, Child Pose