



# 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