CIRCUIT 1

30 SEC	30 SEC	15 SEC
Jump Squat	Squat Hold	REST
right Lunge Hop	Lunge Hold	REST
left Lunge Hop	Lunge Hold	REST

X3

CIRCUIT 2

30 SEC	30 SEC	15 SEC
Mountain Climbers	Plank	REST
Forearm Plank Jacks	Forearm Plank	REST
Plank Jumps	Plank	REST

X3

CIRCUIT 3

30 SEC	30 SEC	15 SEC
Jump Tucks	Squat Hold	REST
Burpees	Plank	REST
Push Up Jacks	Low Push Up Hold	REST

X3