|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 15 MEGA  BURPEES | 20 SQUAT  THRUSTS | 20 SPOTTY  DOGS | 10 TWO FOOTED  JUMPS | 15 SECOND SKIP ON THE SPOT (WITHOUT A ROPE) | 20 STAR JUMPS | FINISH |
| 20 HOPSCOTCH WHILE TURNING ON THE SPOT | 10 PRESS  UPS | 15 BURPEES | 10 TRICEP DIPS | 10 LUNGES | 20 SECOND  RUN ON  SPOT | 15 SIT UPS |
| 10 SQUAT THRUSTS | 20 SPOTTY  DOGS | 20 SECOND WALL SIT | 20 SECOND PLANK | 15 HIGH  KNEES | 10 SQUATS | 20 STAR JUMPS |
| 10 MEGA BURPEES (BURPEE + STAR JUMP) | 20 HOPSCOTCH ON THE SPOT | 10 PRESS UPS | 10 BURPEES | 10 TRICEP DIPS  (USE A CHAIR) | 10 LUNGES | 20 SECOND RUN ON THE SPOT |
| START | 15 SECOND WALL SIT | 10 SECOND PLANK | 20 HIGH KNEES | 10 SQUATS | 20 STAR JUMPS | 10 SIT UPS |