





10 Star Jumps

 ActiveEducation




10 Tuck Jumps

 ActiveEducation




3 Cartwheels

 ActiveEducation




10 High Knees

 ActiveEducation




5 Burpees

 ActiveEducation




**10 Mountain
Climbers**

 ActiveEducation




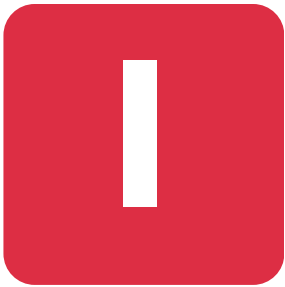
10 Squats

 ActiveEducation




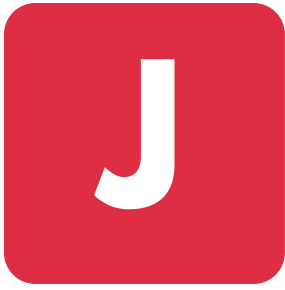
10 Lunges

 ActiveEducation




1 Cartwheel

 ActiveEducation




**10 Second
Wall Sit**

 ActiveEducation




10 Burpees

 ActiveEducation




30 Second Plank

 ActiveEducation




20 Star Jumps

 ActiveEducation




10 Squats

 ActiveEducation



10 Tuck Jumps

 ActiveEducation



**20 Second
Wall Sit**

 ActiveEducation




20 High Knees

 ActiveEducation



10 Leg Raises


 ActiveEducation





20 Second Plank

3 Press Ups

5 Burpees

 ActiveEducation

 ActiveEducation


 ActiveEducation





10 Side Lunges

20 Second Plank

20 Heel Flicks

 ActiveEducation


 ActiveEducation


 ActiveEducation



**5 Mountain
Climbers**

15 Lunges

 ActiveEducation

 ActiveEducation