

# **HEART POUNDING**

**REPEAT 2-3X THROUGH**

**1 MINUTE JUMPING JACKS**

**30 SECONDS PULL-UPS**

**1 MINUTE BURPEES**

**30 SECONDS LUNGES**

**1 MINUTE JUMP SQUATS**

**30 SECONDS PUSH-UPS**

**1 MINUTE HIGH KNEES**

**30 SECONDS SIT-UPS**

**1 MINUTE MOUNTAIN CLIMBERS**

**30 SECONDS SQUATS**