





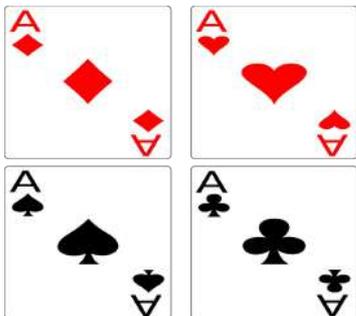
**10  
Burpees**



**10 Squats**



**Card number  
of sit-ups**



**10  
Alternate  
elbow to  
knee**



**10  
Jumping  
Jacks**



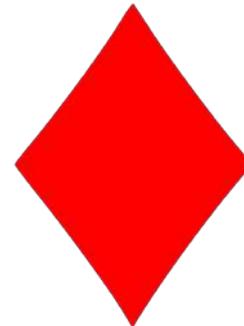
**Card number  
of mountain  
climbers**



**10  
Push-ups**



**Card  
number  
of crab  
kicks**



**Card number  
of lunges**