Creekside March Madness Workout Challenge

5 Hand Release Burpees

15 Tuck Jumps

30 Hand Plank Shoulder Taps

15 Hand Plank Jacks

18 Str Leg "Toy Soldiers"

24 Down Dogs "(Walking"- heel up/heel down)

40 Full Jumping Jacks

20 Big "Ice Skaters"

30 sec Low Plank

20 Mason/Russian Twists

10 Alt Lying Scorpion Kicks

18 Cat-Cows (Hiss-Moo)

15 "I'm a Star" Jumps

Jog in place (1 min)

20 BIG Mtn Climbers

12 Crab Toe Touches

20 High Knees

30 Butt Kickers

10 Hand Plank to Low Plank

Side Planks (20 sec ea side)

20 Alt Bird Dog

10 Lying Superman

20 Standing Front Kicks

40 Standing Jab-Crosses

10 Hand Plank Tuck Jumps

15 Butterfly Sit-ups

18 Walking "Scoops" (front toe up)

18 Lying Alt Str Leg Pulls

50 Imaginary Jump Rope

20 Lying Str Leg Scissor/Flutter Kicks

5 Str Leg "Inch worms/Walk Outs"

Standing Quad Stretch (20 sec ea side)

Winner

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