

Burpees	Mountain Climbers	Ski Jumps	Jump Rope
Jumping Jacks	Pushups	Sit-ups	Planks
Crab Kicks	V-Sit w/Twist	Burpees	Mountain Climbers
Crab Kicks	V-Sit w/Twist	Ski Jumps	Jump Rope
Jumping Jacks	Pushups	Sit-ups	Planks
Crab Kicks	Mountain Climbers	Sit-ups	Ski Jumps
Crab Kicks	Pushups	Burpees	Planks
Jumping Jacks	V-Sit w/Twist	Ski Jumps	Mountain Climbers
Burpees	V-Sit w/Twist	Sit-ups	Burpees

