

the great bone race

1



20 squats

2



60 high knees

3



20-count plank

4



20sec wall-sit

5



20-count side plank

6



10 push-ups

the great bone Race

1



30 JUMPING JACKS

2



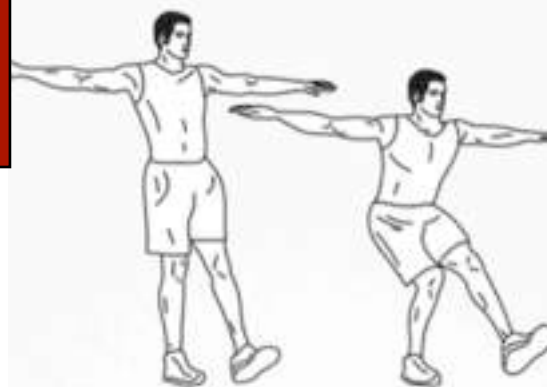
10 balance side lunges

3



20 slow climbers

4



10 half squat Ts

5



10 basic burpee w/jump

6



20 push-up shoulder taps