

LEGS

1. 20 Highknees Each
2. 15 Jumping Jacks

1. 25 Air Squats
2. 25 Calf Raises

1. 25 180Jumps
2. 24 Curtsey Lunges TOTAL

1. 25 Straight Leg Deadlifts
2. 25 Hip Thrusts

1. 10-20 Broad Jumps Down
2. Duck Walk Back to the Start

1. 25 Glute Bridges
2. 30 Second Hold!

REPEAT EACH SET 4 TIMES!

Take as much rest as you need!
AND ADD WEIGHTS/BANDS IF YOU HAVE THEM :)