

Be sure to warm-up and cool-down appropriately.

Exercise	Reps/Time/Weight	Notes
Perform 4 rounds of the following exercises in circuit format, pushing as hard as possible and resting when needed.		
Jump Rope – High Knees	150 skips	(each time rope hits the ground is 1 rep)
Jump Rope – Single Leg/Right Foot	75 skips	
Jump Rope – Single Leg/Left Foot	75 skips	
Burpees	25	
Mountain Climbers	25	
Perform 4 rounds of the following exercises in circuit format, pushing as hard as possible and resting when needed.		
Jump Rope – Low Jacks	150 skips	Sink lower, slight bend in knees, jump feet in and out
Jump Rope – Single Leg/Right Foot	75 skips	
Jump Rope – Single Leg/Left Foot	75 skips	
Prisoner Switch Jumps	25	Hands behind head, elbows pressed back
Half-burpees	25	From push-up position, jump feet to outside of palms and back
Perform 4 rounds of the following exercises in circuit format, pushing as hard as possible and resting when needed.		
Jump Rope – feet together	150 skips	Feet together, jump side to side
Jump Rope – Single Leg/Right Foot	75 skips	
Jump Rope – Single Leg/Left Foot	75 skips	
Spiderman Push-up	10	These are TOUGH – go slowly and do what you can. From regular push-up position, stagger hands, right palm slightly in front of left, bring left knee to left elbow and drop chest; switch hands so that left is slightly in front of right, bring right knee to right elbow

