



DYNAMIC MOVEMENTS

Repeat each phase three times with one minute break after all three phases are complete.

Warm Up (One Minute Each)
(Jog in Place, High Knees, Jumping Jacks, Up/Downs (Partial Burpee, No Pushup), Side Lunges)

One Minute Each Exercise

Phase 1	Phase 2	Phase 3
Half Jacks Jumping Jacks Pulse Squats x3 High Knees Jump Rope	Split Jump Step Up Side Leap Jump Squat Jump Rope	Mountain Climbers Skiers Burpees Chops (Quick Feet) Jump Rope

Cool Down & Stretch