



THE DIRTY DOZEN

(As many rounds as you can do in 30 minutes) – (5 minute break at the 15 minute mark)

Warm Up

(5-8 minutes to prepare your body for the workout)

12 Jump Squats

12 Jumping Jacks (4 count)

12 Push-Ups

12 Front Kicks (6 each side)

12 Plank Jacks

12 Lunges

12 Reverse Lunges with Knee Lift

12 Plank – Knee to Elbow (6 each side)

12 Vertical Leg Crunches

12 Sumo Squat Jumps

12 Frog Squats

12 Triceps Dips

Cool Down & Stretch