

**Legs**

Squats x 20

Lunges x 10 each leg

Step Ups x 20

Squat Jumps x 10

6 sets- no rest

**Upper Body**

Close Grip Pushups x 20

Regular Pushups x 20

Wide Grip Pushups x 20

Regular Pushups x 20

Close Grip Pushups x 20

3 sets- no rest

**Abs**

Crunches- chin to sky

Bicycles- 1 knee up; opp leg straight

Reverse Crunches- roll up and kick legs up

Praying Crunches- shoot hands between legs

Up & Over Crunches- hands on quads, shoot wrists past knees

30,20,10 reps