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| --- | --- | --- | --- | --- | --- | --- |
|  | **C** | **A** | **R** | **D** | **I** | **O** |
| **2** | FAST FEET DROP | BURPEES | 10 SEC PLANK JACKS | BROAD JUMP | FROG JUMPS | JUMP SQUATS |
| **4** | BUNNY HOP SQUATS | FROG JUMPS | MOUNTAIN CLIMBERS | FAST FEET DROP | 10 SEC PLANK JACKS | BROAD JUMP |
| **6** | SCISSORS | HIGH KNEES | JUMP SQUATS | DEFENSIVE SHUFFLE | BUNNY HOP SQUATS | BURPEES |
| **8** | BUTT KICKS | DEFENSIVE SHUFFLE | JUMPING JACKS | ICE SKATERS | JOG IN PLACE | LATERAL SHUFFLE TAPS |
| **10** | LATERAL SHUFFLE TAPS | MOUNTAIN CLIMBERS | CRISS CROSS | JUMP ROPE | HIGH KNEES | WASHING MACHINES |
| **12** | JOG IN PLACE | WASHING MACHINES | QUICK FEET | SCISSORS | BUTT KICKS | JUMPING JACKS |