|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **M** | **U** | **S** | **C** | **L** | **E** |  |
| **2** | **PUSH UPS** | **10 SECOND SIDE PLANK** | **BURPEES** | **JUMP SQUATS** | **FREE SPACE**  **WATER BREAK** | **15 SECOND PLANK** |  |
| **4** | **FREE SPACE**  **CATCH YOUR BREATH** | **LEG LIFTS** | **PUSHUPS** | **SUPER MANS** | **ELBOW ELBOW HAND HAND** | **PUSH UPS** |  |
| **6** | **SUMO SQUATS** | **SQUATS** | **FREE SPACE**  **WATER BREAK** | **SIDE LEG LIFTS** | **BURPEES** | **LATERAL ARM RAISES** |  |
| **8** | **BICEP CURLS** | **ICE SKATERS** | **LUNGES** | **CRUNCHES** | **OVERHEAD PUSH** | **SQUAT HOLD** |  |
| **10** | **SQUATS** | **1 LEG SQUATS** | **SUPER MANS** | **TRICEPS** | **SIDE**  **LUNGES** | **FREE SPACE**  **CATCH YOUR BREATH** |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **M2** | **U2** | **S2** | **C2** | **L2** | **E2** |
| **M4** | **U4** | **S4** | **C4** | **L4** | **E4** |
| **M6** | **U6** | **S6** | **C6** | **L6** | **E6** |
| **M8** | **U8** | **S8** | **C8** | **L8** | **E8** |
| **M10** | **U10** | **S10** | **C10** | **L10** | **E10** |