

30/30 Workout

Exercise	Reps
(Bosu) Push-up Burpee	30 seconds
Jumping Jacks/Star Jumps	30 seconds
(Bosu) Side-to-Side Lunges	30 seconds
Bench/Ball Taps	30 seconds
Kettlebell Swings	30 seconds
Hopscotch	30 seconds
Lateral Animal Crawl	30 seconds
180 Hopscotch	30 seconds
2 min Break (or Jump Rope)	
Prisoner Squat Jump + Elbow-to-Knee	30 seconds
Jumping Jacks/Star Jumps	30 seconds
Kneel to Squat (Step up or Jump)	30 seconds
Bench/Ball Taps	30 seconds
Seated Long Jump	30 seconds
Hopscotch	30 seconds
Squat w/ Ball Toss	30 seconds
180 Hopscotch	30 seconds

10-Minute Abs (on floor or legs up a wall)	Time
Down-dog Toe Touch	50 sec/10 sec rest
Plank w/ Alt Knee to Opposite Elbow	50 sec/10 sec rest
Down-dog w/ Leg Swing-out to Hand	50 sec/10 sec rest
Repeat 2 more times!!	
Walk-outs	1 min