

CONNECT 4 FITNESS at home!

10 burpees	2 run laps around house	20 arm circles	20 shoulder slappers	20 flutter kicks	20 front to back jumps	10 sit-ups
20 jumping jacks	15 count straight leg stretch	10 star jumpers	20 karate side kicks	20 high leg kicks	15 steps crab walk	20 count favorite dance moves
10 count superman	20 high knees	20 rope jumps with/without a rope	20 mountain climbers	2 skipping laps around the house	10 push-ups	10 hops on each leg
20 crab kicks	20 bicycle kicks	1 carioca lap around house	10 up and down stairs	20 squats	25 criss-crosses with feet	20 plank shoulder taps
15 air punches	1 shuffle lap	20 windmill toe touches	15 walking lunges	15 frog jumps	20 side-to-side jumps	20 count plank hold
20 cross country skiers	20 count wall sit	20 bear walks	15 v-up toe touches	10 push- ups/jumping jacks	15 heel raises	15 tuck jumps