

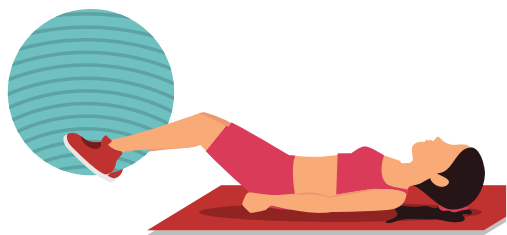
30 sec: March in place
30 sec: Jog in place
30 sec: Butt Kicks
30 sec: Speed Skaters
30 sec: Squats
30 sec: High Knees
30 sec: Jog in place
30 sec: Jumping Jacks
30 sec: Boxing Jabs
30 sec: Rest



10 MINUTE HIIT

30 sec: Boxing Jabs
30 sec: Jumping Jacks
30 sec: Jog in place
30 sec: High Knees
30 sec: Squats
30 sec: Speed Skaters
30 sec: Butt Kicks
30 sec: Jog in place
1 min: March in place

15 Crunches
10 Lying Leg Raises
30 Second Plank
30 Second Side Planks
20 Bicycle Crunches
REST



CORE KILLER

30 Russian Twists
20 Flutter Kicks
15 Reverse Crunches
30 Second Plank
30 Second Side Planks