

4-5 min per round	Lower Body	Lower Body	Core	Upper Body	Total Body
ROUND 1	Squats	Split Squats	Vertical Leg Crunches	Push-ups, Standard	Squat, Push-up and Jump Drill
ROUND 2	Jump Squats	Lateral Lunges	Plank Knee Thrusts	<i>Dive Bomber</i> Push-up	Lateral Tuck Jump and Push-up
ROUND 3	ISO Squat and Back-leg extension	Cossack	Seated Torso Twists	<i>Scorpion</i> Push-up	180-degree Jump Squats and Push-up
ROUND 4	Squat Jacks	Single Leg Squats (Pistol)	Supine Leg Lifts	Push-up Pulses	<i>Donkey Kicks</i>