

Warm up:

30 Sec March <https://youtu.be/EPdWM6pJdLg>

30 Sec Each Side Lateral Lunge <https://youtu.be/LqYYwS-w-dA>

30 Sec March <https://youtu.be/EPdWM6pJdLg>

30 Sec Shoulder Touches <https://youtu.be/TyEcWSyXi1Y>

Workout:

30 Sec Squat Jacks https://youtu.be/4H5j28R9X_Q

10 Sec Rest

30 Sec High Knees https://youtu.be/5EkUU985y_c

10 Sec Rest

30 Sec Butt Kicks <https://youtu.be/EU9XaQnFTM>

10 Sec Rest

30 Sec (15 each side) Commandos <https://youtu.be/urxVE2uyxhQ>

10 Sec Rest

30 Sec Push Ups <https://youtu.be/36Taa50vPNc>

1 Min Rest

Repeat 3x

Stretch:

<https://youtu.be/Q7S9-wBkhCQ>