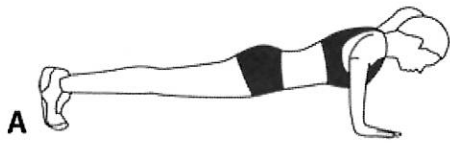


Move 1: Jump Squats

(A) Begin with your feet hip-distance apart. Lower into a squat as you extend your arms, elbows bent and hands in loose fists. Push your hips back and keep your weight on your heels.

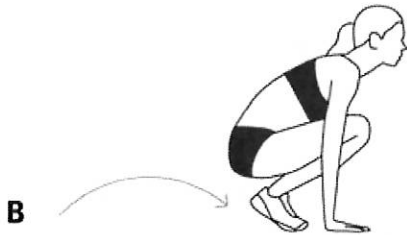
(B) Push off the balls of your feet and jump, letting your arms swing behind you. Land softly on the balls of your feet. Repeat for 45 seconds, then rest for 15.



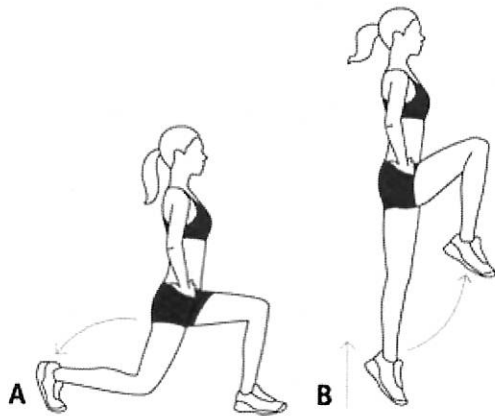
Move 2: Push-Up and Pop-Ups

Begin in high plank, with your hands directly under your shoulders and legs extended.

(A) Lower into a push-up, then press back up to the starting position.



(B) Jump both of your feet forward so that they're just behind your hands. Shift your weight forward and jump your feet back so you return to plank position. Repeat for 45 seconds, then rest for 15.



Move 3: Lunges with Hops

Stand with feet together, hands on hips.

(A) Step back with your right foot and lower into a reverse lunge. Shift your weight onto your left leg.

(B) In one movement, rise up, bring your right knee forward, and jump, lifting your right knee to hip level. Land lightly on your left foot and step your right leg back into a lunge. Repeat for 45 seconds, then rest for 15. Switch sides.