

20-second crab walk	10 push ups	5 frog leaps	10 frog leaps	10 squats
15-second bear crawl	10 hopscotch	10 skater hops	20-second heel walk	20-second inch worm
20 jumping jacks	20-second plank		5 push ups	30-second arm circles
10-second beached whale	30-second skip	30-second wall sit	5 sit ups	10 star jumps
20-second twist	20-second toe walk	30-second bunny hops	20-second butt kicks	20-second high knees

5 sit ups	20-second crab walk	30-second bunny hops	10-second beached whale	20-second twist
5 push ups	5 frog leaps	30-second wall sit	10 frog leaps	30-second arm circles
20-second plank	30-second skip		10 skater hops	20-second butt kicks
20 jumping jacks	10 squats	10 push ups	20-second inch worm	15-second bear crawl
10 star jumps	20-second heel walk	10 hopscotch	20-second toe walk	20-second high knees

5 sit ups	15-second bear crawl	20-second high knees	20-second inch worm	5 push ups
10 hopscotch	30-second wall sit	10 frog leaps	10 squats	5 frog leaps
20-second heel walk	30-second arm circles		10 skater hops	20 jumping jacks
30-second bunny hops	20-second plank	20-second toe walk	20-second butt kicks	20-second crab walk
10 push ups	20-second twist	30-second skip	10-second beached whale	10 star jumps

10 frog leaps	15-second bear crawl	20-second butt kicks	30-second skip	10-second beached whale
10 hopscotch	20-second heel walk	5 sit ups	30-second wall sit	20-second crab walk
10 squats	20-second twist		10 skater hops	20-second high knees
20-second toe walk	30-second arm circles	5 frog leaps	20-second inch worm	20-second plank
30-second bunny hops	20 jumping jacks	10 push ups	10 star jumps	5 push ups

20-second inch worm	30-second arm circles	5 push ups	10 squats	10 skater hops
20-second heel walk	20 jumping jacks	10 frog leaps	20-second butt kicks	5 sit ups
20-second crab walk	20-second plank		10 push ups	30-second wall sit
30-second skip	5 frog leaps	10 star jumps	30-second bunny hops	15-second bear crawl
20-second toe walk	20-second high knees	10 hopscotch	10-second beached whale	20-second twist

10-second beached whale	5 frog leaps	30-second arm circles	10 push ups	20-second toe walk
20-second crab walk	20-second plank	20-second high knees	5 push ups	10 squats
15-second bear crawl	20-second inch worm		20 jumping jacks	20-second heel walk
20-second twist	10 frog leaps	10 skater hops	20-second butt kicks	10 star jumps
30-second bunny hops	30-second wall sit	10 hopscotch	30-second skip	5 sit ups

20-second crab walk	20-second butt kicks	10 frog leaps	10 skater hops	20-second twist
30-second wall sit	30-second arm circles	5 sit ups	20 jumping jacks	30-second skip
5 push ups	20-second heel walk		15-second bear crawl	10-second beached whale
20-second inch worm	5 frog leaps	20-second toe walk	20-second plank	10 squats
10 star jumps	10 hopscotch	30-second bunny hops	10 push ups	20-second high knees

20-second heel walk	10 frog leaps	10 squats	20-second butt kicks	20-second toe walk
20-second high knees	20-second twist	10 push ups	10 hopscotch	30-second skip
5 sit ups	20 jumping jacks		20-second crab walk	30-second bunny hops
5 frog leaps	10 skater hops	20-second inch worm	30-second wall sit	15-second bear crawl
10 star jumps	5 push ups	30-second arm circles	20-second plank	10-second beached whale

10-second beached whale	20-second crab walk	20-second butt kicks	10 skater hops	20-second heel walk
20 jumping jacks	10 squats	20-second toe walk	20-second inch worm	30-second arm circles
30-second bunny hops	5 sit ups		10 star jumps	30-second wall sit
20-second twist	15-second bear crawl	10 hopscotch	30-second skip	10 frog leaps
20-second high knees	5 frog leaps	20-second plank	5 push ups	10 push ups

20-second heel walk	10 push ups	10 frog leaps	10 squats	30-second skip
20-second inch worm	30-second bunny hops	20-second plank	20-second toe walk	30-second arm circles
5 push ups	20-second high knees		20-second crab walk	20-second butt kicks
20 jumping jacks	30-second wall sit	10-second beached whale	15-second bear crawl	10 star jumps
10 skater hops	10 hopscotch	20-second twist	5 frog leaps	5 sit ups

10-second beached whale	20-second crab walk	20-second butt kicks	10 skater hops	20-second heel walk
20 jumping jacks	10 squats	20-second toe walk	20-second inch worm	30-second arm circles
30-second bunny hops	5 sit ups		10 star jumps	30-second wall sit
20-second twist	15-second bear crawl	10 hopscotch	30-second skip	10 frog leaps
20-second high knees	5 frog leaps	20-second plank	5 push ups	10 push ups

20-second heel walk	10 push ups	10 frog leaps	10 squats	30-second skip
20-second inch worm	30-second bunny hops	20-second plank	20-second toe walk	30-second arm circles
5 push ups	20-second high knees		20-second crab walk	20-second butt kicks
20 jumping jacks	30-second wall sit	10-second beached whale	15-second bear crawl	10 star jumps
10 skater hops	10 hopscotch	20-second twist	5 frog leaps	5 sit ups

20-second high knees	20-second plank	10 star jumps	5 sit ups	10 squats
30-second wall sit	10 push ups	15-second bear crawl	20-second butt kicks	20 jumping jacks
20-second inch worm	10 frog leaps		20-second crab walk	20-second heel walk
20-second twist	10 skater hops	5 frog leaps	20-second toe walk	30-second arm circles
30-second bunny hops	5 push ups	10 hopscotch	30-second skip	10-second beached whale

20-second plank	20-second heel walk	10 hopscotch	5 sit ups	10-second beached whale
5 push ups	5 frog leaps	30-second skip	20-second inch worm	30-second arm circles
20-second toe walk	10 frog leaps		20-second high knees	20-second butt kicks
20-second twist	30-second bunny hops	20-second crab walk	20 jumping jacks	30-second wall sit
10 squats	15-second bear crawl	10 push ups	10 star jumps	10 skater hops

15-second bear crawl	20 jumping jacks	20-second high knees	20-second twist	10 push ups
30-second arm circles	5 push ups	20-second inch worm	10 star jumps	10 hopscotch
20-second plank	10 squats		30-second wall sit	30-second skip
20-second crab walk	30-second bunny hops	5 sit ups	10-second beached whale	10 frog leaps
5 frog leaps	10 skater hops	20-second toe walk	20-second heel walk	20-second butt kicks

20-second butt kicks	10 squats	20-second heel walk	20-second inch worm	10 skater hops
30-second skip	30-second arm circles	20-second crab walk	20-second plank	10-second beached whale
5 frog leaps	10 frog leaps		20-second twist	20-second high knees
20-second toe walk	10 hopscotch	5 push ups	10 star jumps	30-second wall sit
30-second bunny hops	5 sit ups	20 jumping jacks	15-second bear crawl	10 push ups

30-second skip	20 jumping jacks	10 squats	20-second butt kicks	20-second inch worm
10 skater hops	10 star jumps	5 sit ups	20-second plank	30-second wall sit
30-second bunny hops	20-second twist		10-second beached whale	15-second bear crawl
10 frog leaps	20-second toe walk	10 hopscotch	20-second crab walk	10 push ups
5 push ups	20-second heel walk	20-second high knees	5 frog leaps	30-second arm circles

20-second plank	15-second bear crawl	20-second twist	10 push ups	10-second beached whale
20-second butt kicks	20-second inch worm	20-second crab walk	5 frog leaps	10 star jumps
20-second heel walk	30-second skip		10 hopscotch	5 sit ups
20-second high knees	30-second bunny hops	5 push ups	20 jumping jacks	10 skater hops
10 frog leaps	30-second arm circles	20-second toe walk	10 squats	30-second wall sit

10 push ups	5 frog leaps	10 hopscotch	30-second bunny hops	10 star jumps
20-second plank	20 jumping jacks	20-second high knees	30-second skip	15-second bear crawl
20-second inch worm	20-second toe walk		5 sit ups	20-second heel walk
20-second twist	30-second arm circles	30-second wall sit	10 skater hops	5 push ups
10 frog leaps	10-second beached whale	10 squats	20-second crab walk	20-second butt kicks

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20-second plank	20 jumping jacks	20-second high knees	30-second skip	15-second bear crawl
20-second inch worm	20-second toe walk		5 sit ups	20-second heel walk
20-second twist	30-second arm circles	30-second wall sit	10 skater hops	5 push ups
10 frog leaps	10-second beached whale	10 squats	20-second crab walk	20-second butt kicks

20-second toe walk	5 push ups	30-second wall sit	10 push ups	10 skater hops
20-second twist	15-second bear crawl	10-second beached whale	10 hopscotch	10 frog leaps
20-second inch worm	30-second skip		20-second butt kicks	30-second bunny hops
20-second high knees	5 sit ups	20-second heel walk	5 frog leaps	10 squats
30-second arm circles	20-second crab walk	20 jumping jacks	10 star jumps	20-second plank

5 sit ups	30-second bunny hops	20 jumping jacks	20-second crab walk	10 frog leaps
10 skater hops	10 hopscotch	5 push ups	20-second high knees	10 squats
30-second skip	30-second arm circles		20-second plank	10-second beached whale
10 push ups	5 frog leaps	10 star jumps	20-second toe walk	20-second heel walk
20-second twist	20-second butt kicks	15-second bear crawl	20-second inch worm	30-second wall sit

30-second skip	20-second twist	20-second inch worm	30-second bunny hops	20 jumping jacks
20-second crab walk	10-second beached whale	30-second arm circles	30-second wall sit	10 star jumps
5 sit ups	20-second butt kicks		10 skater hops	20-second heel walk
10 hopscotch	10 squats	10 push ups	5 push ups	10 frog leaps
20-second toe walk	15-second bear crawl	20-second high knees	20-second plank	5 frog leaps

5 sit ups	10 skater hops	30-second wall sit	20-second toe walk	30-second skip
15-second bear crawl	20-second twist	10 star jumps	20-second heel walk	20-second plank
10-second beached whale	30-second arm circles		20-second crab walk	10 hopscotch
20-second high knees	20-second inch worm	20-second butt kicks	10 frog leaps	5 push ups
20 jumping jacks	30-second bunny hops	10 squats	10 push ups	5 frog leaps

30-second skip	20-second twist	20-second inch worm	30-second bunny hops	20 jumping jacks
20-second crab walk	10-second beached whale	30-second arm circles	30-second wall sit	10 star jumps
5 sit ups	20-second butt kicks		10 skater hops	20-second heel walk
10 hopscotch	10 squats	10 push ups	5 push ups	10 frog leaps
20-second toe walk	15-second bear crawl	20-second high knees	20-second plank	5 frog leaps

5 push ups	20-second high knees	30-second wall sit	10 squats	20-second inch worm
10 hopscotch	20-second plank	20-second toe walk	5 sit ups	30-second arm circles
10-second beached whale	30-second bunny hops		30-second skip	10 skater hops
20-second butt kicks	20 jumping jacks	10 star jumps	5 frog leaps	20-second crab walk
20-second twist	10 push ups	20-second heel walk	10 frog leaps	15-second bear crawl

30-second arm circles	20-second plank	30-second skip	20-second butt kicks	20-second heel walk
5 frog leaps	10 star jumps	10-second beached whale	20-second inch worm	5 push ups
10 push ups	30-second bunny hops		10 hopscotch	15-second bear crawl
20-second twist	20 jumping jacks	30-second wall sit	10 frog leaps	5 sit ups
20-second toe walk	20-second high knees	20-second crab walk	10 squats	10 skater hops

20-second high knees	10 push ups	30-second bunny hops	10 skater hops	10 star jumps
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20-second butt kicks	10 squats	5 frog leaps	10 hopscotch	15-second bear crawl

20-second high knees	10 squats	5 push ups	10-second beached whale	10 frog leaps
30-second skip	20 jumping jacks	20-second twist	5 frog leaps	10 hopscotch
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20-second twist	20-second butt kicks	15-second bear crawl	20-second inch worm	30-second wall sit