**Group One Upper Body**

 **2 sets – Wall Jumps 25 each**

 **Upper Body with Weights 2 reps of:**

 20 Bicep curls (both arms)

20 Shoulder press

 20 Tri-cep extensions

 20 bent over rows both arms at once

 20 Bent over Raises

 10 Goblet Squats with weights in front

**Group Two Cardio**

 **With round weights above head**

 -lunges back and forth

 180 degree Squats

 15 High Kicks

 15 High Knee kicks

 20 Shuffles in athletic position

 15 butt kicks

 5 knee – elbows

 10 half jacks

**Group Three Lower body**

 **On mat**

 6 inches (10 times, 5 seconds each)

 15 bridges

 15 sit-ups (to 90-degree angle)

 20 crunches

 20 sitting twists

 20-side leg raises (both legs)

 4 plank rotations

 10 half wipers

 10 flutter kicks