**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