

Hover & Hold
for 5 Deep Breaths



10 Russian Twists



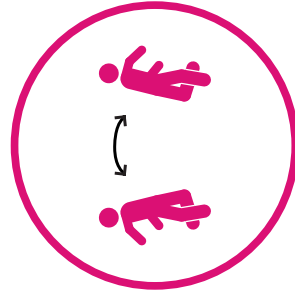
20 High Knees



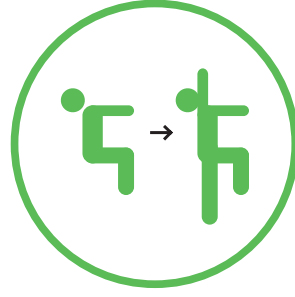
10 Squats



10 Forward
Lunges



10 Speed Skaters



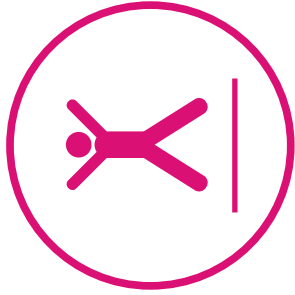
10 Bird Dogs
(Opposite Arm/
Leg Extension)



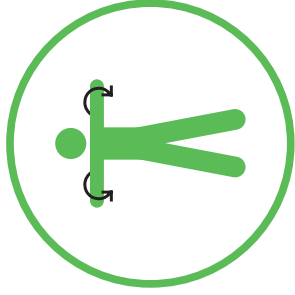
15 Jumping Jacks



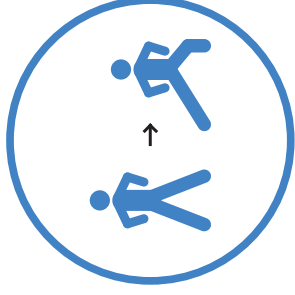
10 Second Side
Plank (each side)



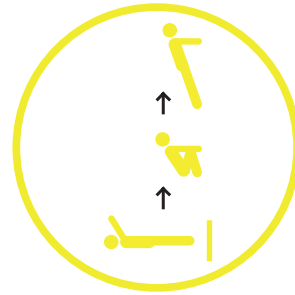
3 Star Jumps



10 Arm Circles



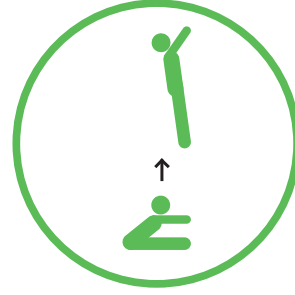
10 Side Lunges



3 Burpees



5 Push-Ups



5 Inchworms



10 Second
Forearm Plank