

'Get It Done' Workout

Jog

Side lunges

Pulse squats

Jump ropes

Super Stars

(2x)

Hit the floors

Plank Knees

Plank Runs

Plank jumps

(2x)

Frog hops and skip back (outside or inside)

Stair steps

With knees

Then curls

Stair squats

(2x)

Power run with arm pulses

Power squats

Squat pulses (with arms, circles, pulse backs, pulse fronts)

Squat plies on heels

(2x)

If time... abs (Russian twists)