1

360\* jump turn

2

Heel Clicks

3

Burpees

4

Scissor Jumps

5

Push-ups

6

Squat Jumps

7

Thumb Finger

Switches

8

Crab Kicks

With

Toe Touches

9

Plank Jacks

10

Cross Crawls

11

Jumping Jacks

12

Windmills