ROUND 1
30 Jumping Jacks
20 Squats
10 Push Ups

ROUND 2
30 Mountain Climbers
20 Lunges
10 Push Ups

ROUND 3
30 Jump Squats (or Squat Pulsing)
20 Burpees
10 Narrow Push Ups

ROUND 4
30 Bicycle Crunches
20 Jumping Jacks
10 Wide Push Ups

Rest 30 Seconds Between Rounds
Repeat 4X or AMRAP
(as many rounds as possible)