Total Body Workout

- Jumping Jacks
- Walking Lunges
- Push Ups
- Curb Taps
- Reverse Lunge to High Front Kick
- Triceps Dips
- Frog Hops
- Sit Ups
- Jump Rope (no rope needed)
- Squats (wide, narrow, or add hop)
- Side Shuffle (stay low)
- Single Leg Dead Lift (each leg for 30)
- High Knees
- Side Plank (each side for 30)
- Plank Hold
- Skip or Jog

Complete each exercise for 30 seconds, resting when needed, for 2-3 rounds.

**BONUS:**
add 10 burpees after each round!