

FITNESS AT HOME

30 Jumping Jacks

5 Pushups

25 High Knees

7 Burpees

10 Crunches

7 Squats

5 Pushups

10 Crunches

5 Pushups

7 Squats

30 Jumping Jacks

1 Minute Wall Sit

5 Pushups

25 High Knees

Repeat 3 – 5 times for max results.