

JUMPING JACKS



SQUATS



BUTTERFLY STRETCH



TUCK JUMPS

PUSH-UPS



JUMP ROPE



Boot Camp #1

30 seconds each



HALF  
TURNS



BURPEES



MARCH IN  
PLACE



SHOULDER  
STAND

V-SIT



P  
L  
A  
N  
K  
  
H  
O  
L  
D



# Boot Camp #2

30 seconds each

