

High Knee Walk & Grab 1 way  
Heel Up Walk & grab 1 way  
Forward Toe 1 Way  
Squat Shuffle 1 Way  
Lunge/Opposite Hand 1 Way  
Atlas 1 way  
Jogging Arm circles 1 way  
Jogging Arm Circles Backwards 1 way  
Butt Kickers 1 Way  
Butt Kickers Backwards 1 Way  
High Knee run 1 Way  
High Knee run Backwards 1 Way  
High Knee Carioca  
Form Run  
Fast Feet  
Shuffle  
Carioca  
Bear Crawl  
Pogo  
Sprint

#### SPRINTS

Fast Feet-Sprint to 5  
High Knees-Sprint to 10  
Butt Kickers-Sprint to 15  
Repeat on way back

#### PUSHUPS

#### **EOPW**

Hip Lifts  
Crunches  
Kneeling Back Extensions  
4 Points  
Plyo Pushups/Sprint to 4  
Pogo, Squat, Rocket, Star Done in place, then sprint to 4  
BC/Sprint/BC/Sprint  
BP/Sprint/BP/Sprint  
Shuffle/Carioca/Shuffle/Carioca