GET MOVING!

START			10 Lateral Lunges (each side)	10 Dead Bug (each side)	10 Overhead Press
10 Jumping Jacks					
10 windmills	←		**Oh no! You fell off course Go back**		10 Overhead tricep Extensions
10 Seated Abdominal Twists		20 Speed Skaters	10 Bicep Curls with Front Press	10 Reverse Lunges (each leg)	10 Reverse Flys
Super Move Spring Ahead	→	10 Toe Taps			10 Chest Flys
20 Mountain Climbers		10 Leg Raises	←		**So close! You can still get back here**
10 Lateral Raise		10 Bird Dog (each side)			10 Box Step-ups (each leg)
10 Goblet Squats	5 Single Leg Deadlifts (each leg)	10 Row with Tricep Kickbacks			**FINISH**