



## **DAY 1: Introduction Workout | Level 1 (Easy)**

### Warm up: 5 Rounds

- (30 seconds) Jumping Jax

### Stretches:

- Legs- Hamstrings, quads
- Arms- Shoulders, triceps
- Chest
- Back

### Workout of the Day:

#### (Description)

- 60 seconds work
- 20 second active rest: (Jogging in place)
- Set up 4 cones 10 paces apart (Rotate each station during active rest)
- After completion of all 4 stations, rest 90 seconds and begin again
- 3 - 5 full rotations

Cone 1: Mountain Climbers

Cone 2: Push ups

Cone 3: Squat Jumps

Cone 4: Burpees

### CORE:

6" holds and Planks, 30 seconds and rest for 10 seconds, 3 rotations

### END

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