



Frog Jumps w.
Overhead
Reach

Seconds
Rest



Shoulder
Presses

Seconds
Rest



Forearm Plank
Knee to Triceps

Seconds
Rest



Squat to Curl

Minute
Round

Minute
Round

Minute
Round

Minute
Round

Repeat this workout for _____ Rounds

(Increase intensity, time of exercise, decrease rest between exercises and increase number of rounds completed as you grow stronger)