



BURN & TONE

ROUND 1: 60 seconds per exercise, 4 times

**Lunges, Ski Jumps
High Knees, Bicep Curls**

ROUND 2: 45 seconds per exercise, 5 times

**Shoulder Press, Burpess
ChestPress, Star Jumps**

**ROUND 3: 30 seconds per exercise, 6
times**

**Pulse Squats, 4 & Drop
Lateral + Front Raise
Mountain Climbers**