

Complete each exercise for

60s | 45s | 30s | 15s

REST for 10s between time frames



F.I.I.T

STAR JUMPS

PUSH UPS

SKI JUMPS

JUMP LUNGES

PULSE SQUATS

SHOULDER PUNCHES

AB CYCLE

LEG LOWERS

TRICEP PUSH UPS

TRICEP DIPS

STEP UPS

HOVER