

500/300/100's

5 Rounds = 500 reps 3 Rounds = 300 reps 1 Round = 100 reps

Exercise 1 25-Reps Jumping Jacks

Exercise 2 20-Reps Basic Sit-Ups

Exercise 3 15-Reps Calf Raises

Exercise 4 12-Reps Butt Kicks

Exercise 5 10-Reps Explode Hops

Exercise 6 8-Reps "T" Push-Ups

Exercise 7 6-Reps Leg Up Sit-Ups

Exercise 8 3-Rep Burpees

Exercise 9 1-Rep Yoga Squats

Repeat for a total of

"5 Rounds for 500's"

"3 Rounds for 300's"

"1 Round for 100's"