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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| A |  | 10  Arm Circles | F | Calf Raises | Illustrated Exercise Guide | 10  Calf Raises | K | Burpees | Illustrated Exercise Guide | 3  Burpees |
| B | C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6FA04F64.tmp | 5  Crunches | G | Lunges | Illustrated Exercise Guide | 5  Lunges | L | Standing Leg Circles | Illustrated Exercise Guide | 5  Leg Circles |
| C | Wood Chop | Illustrated Exercise Guide | 5  Wood Chop | H | [Butt Kicks | Illustrated Exercise Guide](https://www.google.co.uk/url?sa=i&url=https://www.spotebi.com/exercise-guide/butt-kicks/&psig=AOvVaw0PA2uwuxLNyy5l2eqQKycx&ust=1596059501514000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLisnJD38OoCFQAAAAAdAAAAABAD) | 10  Bottom Kicks | M | [Mountain Climbers | Illustrated Exercise Guide](https://www.google.co.uk/url?sa=i&url=https://www.spotebi.com/exercise-guide/mountain-climbers/&psig=AOvVaw1E2bbh9rDhBAbzEO6TuM6p&ust=1596059680472000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPilq-b38OoCFQAAAAAdAAAAABAD) | 5  Mountain Climbers |
| D | Side To Side Hops | Illustrated Exercise Guide | 10  Ski Hops | I | **C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\32D5DBA9.tmp** | 3  Inchworm | N | Basketball Shots | Illustrated Exercise Guide | 5  Bend and Shoot |
| E | Touch And Hop | Illustrated Exercise Guide | 10  Hops | J | Knee Hugs | Illustrated Exercise Guide | 10  Knee Hugs | O | High Knees | Illustrated Exercise Guide | 10  High Knees |
| P | Bent Over Twist | Illustrated Exercise Guide | 5  Windmills | U | Push Up | Illustrated Exercise Guide | 5  Push Ups | Z | C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B08D09F5.tmp | 10 Second  Plank |
| Q | Sit Up | Illustrated Exercise Guide | 10  Sit Ups | V | **C:\Users\128southernk\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B4DE837F.tmp** | 5  Leg Lifts |  |  |  |
| R | Run In Place | Illustrated Exercise Guide | 10 Second Sprint on the spot | W |  | 10  Oblique Stretches |  |  |  |
| S | Jumping Jacks | Illustrated Exercise Guide | 5  Star Jumps | X | Alternate Heel Touchers | Illustrated Exercise Guide | 10  Heel Touches |  |  |  |
| T | Squat | Illustrated Exercise Guide | 5  Squats | Y | Toe Touch | Illustrated Exercise Guide | 5  Toe Touches |  |  |  |