

SQUAT STREET

SQUATS



Complete 15 Squats

Stretching – 20 Squats

Striving – 10 Squats

STAR JUMP AVENUE

STAR JUMPS



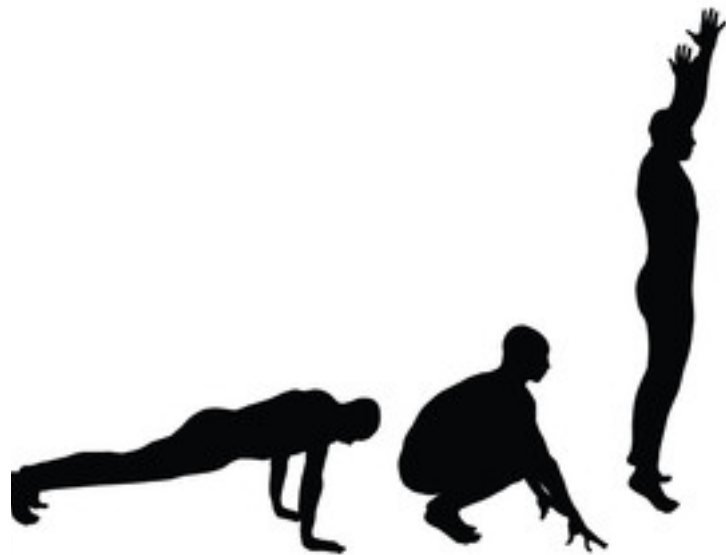
Complete 25 Star Jumps

Stretching – 35 Star Jumps

Striving – 15 Star Jumps

BURPEE BOULEVARD

BURPEES



Complete 10 Burpees

Stretching – 15 Burpees

Striving – 5 Burpees

LUNGE LANE

LUNGES



Complete 10 Lunges (each leg)

Stretching – 15 Lunges (each leg)

Striving – 5 Lunges (each leg)

SQUAT THRUST CRESENT

SQUAT THRUSTS



Complete 10 Squat Thrusts

Stretching – 15 Squat Thrusts

Striving – 5 Squat Thrusts

PRESS UP PARK

PRESS UPS



Complete 15 Press Ups

Stretching – 20 Press Ups

Striving – 10 Press Ups

MOUNTAIN CLIMBER CLOSE

MOUNTAIN CLIMBERS



Complete 20 Mountain Climbers

Stretching – 30 Mountain Climbers

Striving – 10 Mountain Climbers

KNEE TUCK SQUARE

KNEE TUCKS



Complete 10 Knee Tucks

Stretching – 15 Knee Tucks

Striving – 5 Knee Tucks

PLANK PLACE

PLANK



Complete 30 seconds Plank

Stretching – 1 minute Plank

Striving – 15 seconds Plank

RUNNING ON THE SPORT STREET

RUNNING ON THE SPOT



**Complete 30 seconds Running on
the Spot**

Stretching – 1 minute Running on the Spot

Striving – 15 seconds Running on the Spot

SIT UP STREET

SIT UPS



Complete 20 Sit Ups

Stretching – 30 Sit Ups

Striving – 10 Sit Ups

RUSSIAN TWIST ROAD

RUSSIAN TWISTS



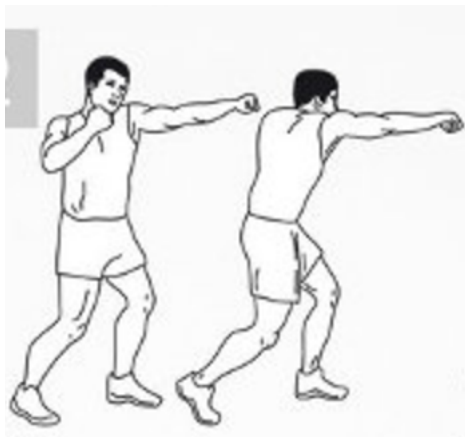
Complete 20 Russian Twists

Stretching – 30 Russian Twists

Striving – 10 Russian Twists

SHADOW PUNCH PARADE

SHADOW PUNCHES



Complete 30 Shadow Punches

Stretching – 45 Shadow Punches

Striving – 15 Shadow Punches

LEG RAISE LANE

LEG RAISES



Complete 10 Leg Raises

Stretching – 15 Leg Raises

Striving – 5 Leg Raises

SHOULDER TOUCH STREET

SHOULDER TOUCHES



**Complete 6 Shoulder Touches
(each arm)**

Stretching – 10 Shoulder Touches (each arm)

Striving – 3 Shoulder Touches (each arm)

BALANCE ROAD

ONE LEG BALANCE



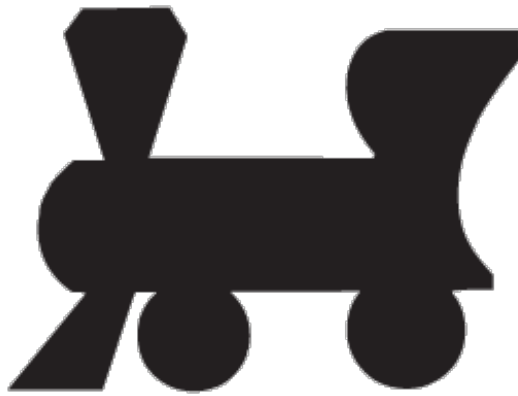
Complete 30 seconds Balance

Stretching – 1 minute Balance

Striving – 15 seconds Balance

REST STATION

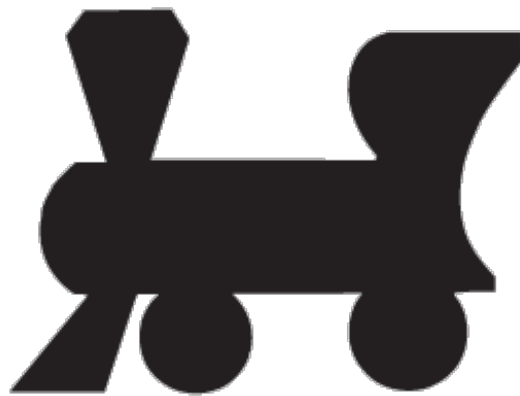
REST BREAK



REST FOR 30 SECONDS

BREATHHER STATION

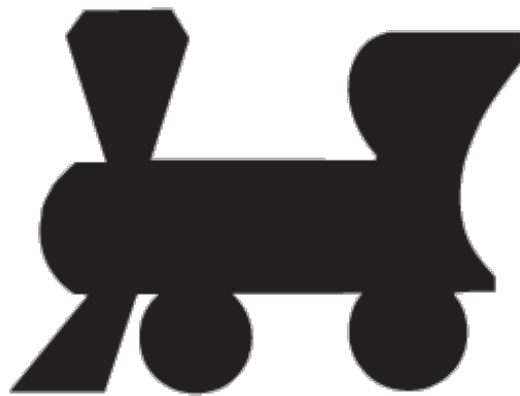
REST BREAK



REST FOR 30 SECONDS

PAUSE STATION

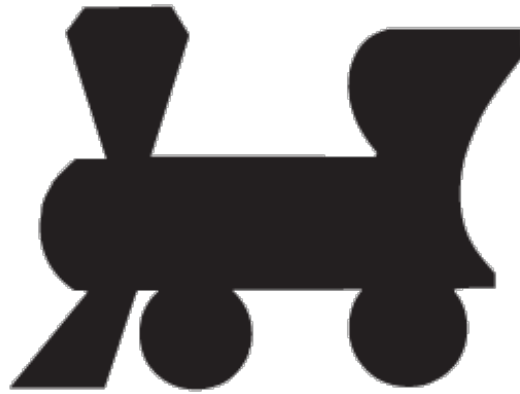
REST BREAK



REST FOR 30 SECONDS

BREAK STATION

REST BREAK



REST FOR 30 SECONDS

