

CONNECT 4 FITNESS AT HOME

10 burpees	2 run laps around house	20 arm circles	20 shoulder slappers	20 flutter kicks	20 Front to back jumps	10 situps
20 jumping Jacks	15 count straight leg stretch	10 star jumpers	20 karate side kicks	20 High leg kicks	15 crab (belly up) pushups	20 Favorite dance moves
10 count superman	20 high knees	20 Rope jumps with or without rope	20 mountain climbers	2 skipping Laps around house	10 pushups	10 hops on each leg
20 crab kicks	20 bicycles	1 carioca lap around house	20 Up and down on stairs	20 squats	25 feet criss crosses	20 plank knee touches
15 Air punches	1 shuffle lap	20 windmill toe touches	15 walking lunges	15 frog jumps	20 side to side jumps	20 count plank hold
20 Cross country skiers	20 count wall sit	20 bear walks	15 V-up toe touches	10 pushup jacks	15 heel raises	15 pogo jumps

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