

ROUND AND ROUND AND ROUND

Equipment Needed: Workout Mat

Start your timer and switch exercises every 30 seconds. Each round has 4 exercises. After you have completed all 4 exercises, grab your water and take a 30-60 second break before repeating the round. You'll do each round 4 times before moving on to the next set of exercises.

Duration: 30-40 minutes

Workout:

- Round 1
 - Lateral Jacks
 - Mat Shuffles
 - Lunges (or Lunge Jumps)
 - Shoulder Taps
- Round 2
 - Mountain Climbers
 - Squat Jumps
 - Mat Bear Crawls
 - Fast Jacks
- Round 3
 - Hand Release Push-ups
 - Lateral Mat Hops
 - Johnny Cs
 - Burpees