|  |  |  |  |
| --- | --- | --- | --- |
| **Minute** | **Exercise** | **Image** | **Check-off** |
| **1** | **1 minutes of mountain climbers** | **C:\Users\Ryan.Eldridge\Pictures\thCAU4UZM2.jpg** |  |
| **2** | **20-30 sit-ups (1 min)** |  |  |
| **3** | **1 minutes of jumping jacks** |  |  |
| **4** | **10-30 pushups (1 min) – DO NOT do knee push-ups (do elevated if you need to, this makes it easier, but still addresses the core)** | http://ts1.mm.bing.net/th?&id=HN.608006140726480490&w=300&h=300&c=0&pid=1.9&rs=0&p=0 |  |
| **5** | **1 minutes of stairs (or step-ups if no stairs)** |  |  |
| **6** | **1 minute shoulder raises forward (hold arms out like a mummy for one min or use weights and repeat)** | C:\Users\Ryan.Eldridge\Pictures\thCATMFVEJ.jpg |  |
| **7** | **10 burpees (1 min)** | **C:\Users\Ryan.Eldridge\Pictures\burpee exercise.jpg** |  |
| **8** | **1 minute shoulder side raises (hold arms out half way snow angel)** | **C:\Users\Ryan.Eldridge\Pictures\thCADMOOGO.jpg** |  |
| **9** | **10 squat jumps (1 min)** |  |  |
| **10** | **WATER BREAK** |  |  |
| **11** | **1 minute of step ups** |  |  |
| **12** | **1 minute wall sits** |  |  |
| **13** | **1 minute Push-up position tucks (alternate knees in & out or both feet to each side)** | **C:\Users\Ryan.Eldridge\Pictures\thCALYORAG.jpgC:\Users\Ryan.Eldridge\Pictures\thCALYORAG.jpg** |  |
| **14** | **1 minute of planks** |  |  |
| **15** | **30 seconds of high knees and 30 seconds of butt kicks** |  |  |
| **16** | **10 bent over back rows on each side (1 min) use anything weights pulling like starting a lawnmower or lay on ground and pull yourself up using a table, etc.**  | **C:\Users\Ryan.Eldridge\Pictures\th.jpg** |  |
| **17** | **1 minute of bicycle crunches** |  |  |
| **18** | **WATER BREAK** |  |  |
| **19** | **15 bicep curls (1 min) – use a backpack or gallon milk to curl** |  |  |
| **20** | **1 min line jumps - side to side and up and backs** |  |  |
| **21** | **10-25 bench dips (1 min)** | **C:\Users\Ryan.Eldridge\Pictures\bench-dips.pngC:\Users\Ryan.Eldridge\Pictures\bench-dips.png** |  |
| **22** | **1 min step ups**  |  |  |
| **23** | **20-30 sit-ups (1 min)** |  |  |
| **24** | **1 min - Jog around or in place** |  |  |
| **25** | **10-30 pushups (1 min)** |  |  |
| **26** | **1 min of stairs or high knees** |  |  |
| **27** | **1 min of jumping jacks or line jumps** |  |  |
| **28** | **1 min of mountain climbers or knee tucks** |  |  |
| **29** | **1 min of stairs, step ups, or butt kicks** |  |  |
| **30** | **1 min of squats** |  |  |