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## Workout Instructions

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	<b>Twist and Pivot</b>	1 sets
	<b>Foot Pursuit</b>	1 sets
	<b>Get Up Get Down</b>	1 sets
	<b>X Jacks</b>	1 sets
	<b>Balance Burpee</b>	1 sets
	<b>Slalom Hops</b>	1 sets
	<b>Mountain Climbers</b>	1 sets
	<b>Spin Stops</b>	1 sets
	<b>Plank Walkers</b>	1 sets
	<b>Joel Jumps</b>	1 sets
	<b>Plank Circles</b>	1 sets
	<b>Roadrunner</b>	1 sets
	<b>Double Trouble Mountain Climbers</b>	1 sets
	<b>Diamond Hops</b>	1 sets
	<b>Swimmers Planks</b>	1 sets
	<b>Speed Skater</b>	1 sets
	<b>Plank Sphinx Combo</b>	1 sets
	<b>3 Squat Hops</b>	1 sets

## Individual Exercise Instructions

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## Twist and Pivot

Twist and Pivot



## Foot Pursuit



## Get Up Get Down



## X Jacks



## Balance Burpee



## Slalom Hops



## Mountain Climbers



## Spin Stops



## Plank Walkers



## Joel Jumps



## Plank Circles



## Roadrunner



## Double Trouble Mountain Climbers



## Diamond Hops



## Swimmers Planks



## Speed Skater

Speed Skater



## Plank Sphinx Combo



### 3 Squat Hops



## Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

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Exercise Name	Set 1	
Twist and Pivot	reps x	Lbs
Foot Pursuit	reps x	Lbs
Get Up Get Down	reps x	Lbs
X Jacks	reps x	Lbs
Balance Burpee	reps x	Lbs
Slalom Hops	reps x	Lbs
Mountain Climbers	reps x	Lbs
Spin Stops	reps x	Lbs
Plank Walkers	reps x	Lbs
Joel Jumps	reps x	Lbs
Plank Circles	reps x	Lbs
Roadrunner	reps x	Lbs
Double Trouble Mountain Climbers	reps x	Lbs
Diamond Hops	reps x	Lbs
Swimmers Planks	reps x	Lbs
Speed Skater	reps x	Lbs
Plank Sphinx Combo	reps x	Lbs
3 Squat Hops	reps x	Lbs