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## Workout Instructions

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	<b>Bounding Squats</b>	1 sets
	<b>Crane Cracker Push Up</b>	1 sets
	<b>Good God Squat</b>	1 sets
	<b>Elevator Pull Ups</b>	1 sets
	<b>2 Pop Hop</b>	1 sets
	<b>Crawly Push Up</b>	1 sets
	<b>Holmsen Screamer Hold</b>	1 sets
	<b>Chin Pulls</b>	1 sets
	<b>Joel Jump Freeze</b>	1 sets
	<b>Starfish Push Up</b>	1 sets
	<b>Duper 2</b>	1 sets
	<b>Vaulter Pull Up</b>	1 sets
	<b>Elevator Toe Tip Squats</b>	1 sets
	<b>Superman Bow</b>	1 sets
	<b>Big Brother Burpee</b>	1 sets

## Individual Exercise Instructions

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### Bounding Squats



## Crane Cracker Push Up



## Good God Squat



## Elevator Pull Ups



## 2 Pop Hop



## Crawly Push Up

Crawly Push Up



## Holmsen Screamer Hold



## Chin Pulls



## Joel Jump Freeze



## Starfish Push Up



**Duper 2**  
Duper 2



**Vaulter Pull Up**



**Elevator Toe Tip Squats**



**Superman Bow**



**Big Brother Burpee**



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

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Exercise Name	Set 1	
Bounding Squats	reps x	Lbs
Crane Cracker Push Up	reps x	Lbs
Good God Squat	reps x	Lbs
Elevator Pull Ups	reps x	Lbs
2 Pop Hop	reps x	Lbs
Crawly Push Up	reps x	Lbs
Holmsen Screamer Hold	reps x	Lbs
Chin Pulls	reps x	Lbs
Joel Jump Freeze	reps x	Lbs
Starfish Push Up	reps x	Lbs
Duper 2	reps x	Lbs
Vaulter Pull Up	reps x	Lbs
Elevator Toe Tip Squats	reps x	Lbs
Superman Bow	reps x	Lbs
Big Brother Burpee	reps x	Lbs