

Tuesday's Workout

4 sets

High Knees 30 sec.

Butt Kicks 30 sec.

Jumping Jacks 30 sec.

Kick Outs 30 sec.

Side Shuffle 30 sec.

Mountain Climbers 30 sec

Shuffle High Knee 30 sec.

Burpee 30 sec.

Knee Tucks 30 sec.

Quick feet 30 sec.