

Duration	Exercise	Finish On
00:30	Chest Open Jack	WU
00:30	Jack Uppercut	WU
00:30	1-2-3 Knee	WU
00:30	Cross Jack	WU
00:30	High Knee Jab	02:30
00:30	Chest Open Jack	WU
00:30	Jack Uppercut	WU
00:30	1-2-3 Knee	WU
00:30	Cross Jack	WU
00:30	High Knee Jab	05:00
00:30	Break	05:30
00:30	Squat Kick - R	
00:30	Pike-Up Spider - R	
00:30	10 & 2	
00:30	Squat Kick - L	
00:30	Pike-Up Spider - L	
00:30	10 & 2	
00:30	Squat Kick - Alt	
00:30	Pike-Up Spider - Alt	
00:30	10 & 2	10:00
00:30	Break	10:30
00:30	Med Ball Twist	
00:30	Plank Jack - In & Out	
00:30	4 Jab - 4 High Knee	
00:30	Med Ball Twist	
00:30	Plank Jack - In & Out	
00:30	4 Jab - 4 High Knee	
00:30	Med Ball Twist	
00:30	Plank Jack - In & Out	
00:30	4 Jab - 4 High Knee	15:00
00:30	Break	15:30
00:30	Plyo Power Knee - R	
00:30	Scissor Stance Jack	
00:30	Shoulder Tap - In & Out	
00:30	Plyo Power Knee - L	
00:30	Scissor Stance Jack	
00:30	Shoulder Tap - In & Out	
00:30	Plyo Power Knee - R & L	
00:30	Scissor Stance Jack	
00:30	Shoulder Tap - In & Out	20:00
00:30	Break	20:30
00:30	Slap Back Jack	
00:30	Suicide Burpee	
00:30	Plank Speed Tap - R	
00:30	Slap Back Jack	
00:30	Suicide Burpee	
00:30	Plank Speed Tap - L	
00:30	Slap Back Jack	
00:30	Suicide Burpee	
00:30	Plank Speed Tap - Alt	25:00
00:30	Break	25:30
00:30	Chair Squat	
00:30	Football Run	
00:30	2 Jab - 2 Tuck	
00:30	Chair Squat	
00:30	Football Run	
00:30	2 Jab - 2 Tuck	
00:30	Chair Squat	
00:30	Football Run	
00:30	2 Jab - 2 Tuck	30:00