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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Exercise: Squats** [**(video)**](https://darebee.com/exercises/squats-exercise.html) | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Exercise: Squat Step-Ups** [**(video)**](https://darebee.com/exercises/squat-step-ups.html) | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Exercise: Toe-Tap Hops** [**(video)**](https://darebee.com/exercises/toe-tap-hops.html) | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Exercise: Jumps** [**(video)**](https://darebee.com/exercises/jumps-exercise.html) | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Exercise: Lunges** [**(video)**](https://darebee.com/exercises/forward-lunges.html) | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Exercise: Reverse Lunges** [**(video)**](https://darebee.com/exercises/reverse-lunges.html) | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Exercise: Bounces** [**(video)**](https://darebee.com/exercises/bounces-exercise.html) | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Exercise: Squats** [**(video)**](https://darebee.com/exercises/squats-exercise.html) | **3:30** |
|  | **Rest 10 Seconds** |  |