

Set #	Exercise Name
1	<b>Exercise: Bounces</b> <a href="#">(video)</a>
	Rest 10 Seconds
2	<b>Exercise: Plank Climbers</b> <a href="#">(video)</a>
	Rest 10 Seconds
3	<b>Exercise: Split Jacks</b> <a href="#">(video)</a>
	Rest 10 Seconds
4	<b>Exercise: Reverse Lunges</b> <a href="#">(video)</a>
	Rest 10 Seconds
5	<b>Exercise: Bounces</b> <a href="#">(video)</a>
	Rest 10 Seconds
6	<b>Exercise: Plank Climbers</b> <a href="#">(video)</a>
	Rest 10 Seconds
7	<b>Exercise: Split Jacks</b> <a href="#">(video)</a>
	Rest 10 Seconds
8	<b>Exercise: Reverse Lunges</b> <a href="#">(video)</a>
	Rest 10 Seconds