

Set #	Exercise Name
1	Exercise: Squats (video)
	Rest 10 Seconds
2	Exercise: Plank Shoulder Taps (video)
	Rest 10 Seconds
3	Exercise: Jumps (video)
	Rest 10 Seconds
4	Exercise: Jumping Jacks (video)
	Rest 10 Seconds
5	Exercise: Squats (video)
	Rest 10 Seconds
6	Exercise: Plank Shoulder Taps (video)
	Rest 10 Seconds
7	Exercise: Jumps (video)
	Rest 10 Seconds
8	Exercise: Jumping Jacks (video)
	Rest 10 Seconds