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47  Warrior 2 (20sec/side)	46  Water Break	45  Mtn. Climbers (30reps)	44  3-Point Plank (20/side)	43  Side Hold (20sec/side)	42  Plank & Lift (10/side)	41  High Knees (10/leg)	40  Crunch (30sec)
32  Triangle (20sec/side)	33  Lunge & Reach (10/leg)	34  Lord of Dance (20sec/side)	35  High Kick (10/side)	36  Air Squat (60sec)	37  Water Break	38  Ball Juggle (10taps)	39  Monkey Jump (10x)
31  Warrior (20sec/side)	30  Water Break	29  Mtn. Climbers (30reps)	28  3-Point Plank (20/side)	27  Plank & Lift (10/side)	26  Crunch (30sec)	25  High Knees (10/leg)	24  Air Squat (60sec)
16  Triangle (20sec/side)	17  Lunge & Reach (10/leg)	18  Lord of Dance (20sec/side)	19  High Kick (10/side)	20  Air Squat (60sec)	21  Ball Juggle (10 taps)	22  Water Break	23  Side Hold (30sec/side)
15  Water Break	14  Mtn. Climbers (30reps)	13  3-Point Plank (20/side)	12  Side Hold (30sec/side)	11  Plank & Lift (10/side)	10  High Knees (10/leg)	9  Monkey Jump (10x)	8  Crunch (30sec)
START 	1  High Foot (10/leg)	2  Plank (30sec)	3  Lunge & Reach (10/leg)	4  Side Reach (5/side)	5  Hop Rope (60sec)	6  Air Squat (60sec)	7  Side Reach (5/side)