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

