**NECESSARY ITEMS: Mats and resistance bands**

* Begin with walking one lap, jogging one lap until 5:35
* Circuit workout (6 stations on the outside) then come into the middle for cardio then walk (1.5)

**1 minute stations with 15 seconds of rest in between**

**Circuit Stations (7.5 minutes)**

**Station 1**: Squats

**Station 2**: Lunges

**Station 3**: Arm Circles

**Station 4**: Crunches

**Station 5**: Bicep Curls

**Station 6**: Wall Sits

**1st Cardio Workout (5 minutes)**

* Marching for 30 seconds then march forward then back
* Side stepping for 30 seconds then add in a second step
* Row+ lateral steps
* Step out and touch opposite toe
* Leg pull up (Like kneeing someone)

**WALK FOR 1.5 MINUTES**

**Repeat Circuit**

**2nd Cardio Workout (5 minutes)**

* Jumping jacks
* High knees (1,2, pause on 3rd)
* Butt kicks (jog 10, kick 20, jog 10, kick 20)
* Arms up, twist at hips
* jump rope

**WALK FOR 1.5 MINUTES**

**Repeat Circuit**

**3rd Cardio Workout (5 minutes)**

* Side crunch with leg kick out
* Toe to sky
* Jogging in place
* Jump out then in quickly
* March for 30 seconds then march forward and back

**WALK FOR 1.5 MINUTES**

**Repeat Circuit**

**IF EXTRA TIME (each for a minute)**

* Side shuffle back and forth
* Grape vines
* Luigi jumps

**STRETCH**