

Mild Sauce

Equipment Needed:

-Timer or any method of time keeping

Instructions:

Perform each of the following workouts back-to-back for 45sec each. Take a 1min rest after completing the last exercise before repeating the entire set. Perform 3 sets in all.

-Jog in Place

-High Knees

-Calf Raises

-Squats

-Ski Runs

-Fast Feet

-Jumping Jacks

-Stationary Lunges

-Burpees

~1 min rest then repeat~

