

Connect 4 Fitness

15 glute bridges

15 sit ups

15 squat jumps

25 star jumps

1 minute plank

5 crunches

10 press-ups

20 high knees

10 leg raises

15 crunches

5 frog jumps

15 press-ups

1 minute punches

10 leg raises

20 star jumps

10 lunge jumps

1 minute plank

10 frog jumps

10 jump squats

20 sit ups

30 second punches

15 press-ups

30 high knees

20 lunges

20 lunges

25 star jumps

20 glute bridges

15 sit ups

25 frog jumps

20 squats

5 jump squats

20 leg raises

30 second plank

5 Sit ups

10 squats

10 press-ups

1 minute punches

10 crunches

20 high knees

10 lunges