

Exercise	Duration	Transition
Warm-Up High Step Marching	60 seconds	0 seconds
Round 1 - Repeat 2 times		
Jog	20	10
Squat	20	10
Round 2 - Repeat 2 times		
Jog with Punches	20	10
Forward Alternating Lunges	20	10
Round 3 - Repeat 2 times		
Jog	20	10
Knee Push-Ups/Assisted Push-Ups/Push-Ups	20	10
Switch Direction - Unhook Harness & Rehook to Front with Person Facing Rear		
Round 4 - Repeat 2 times		
Rear Facing Jog	20	10
Rear Facing Lunge / Rear Lunge with resistance tubing	20	10
Round 5 - Repeat 2 times		
Rear Facing Jog	20	10
Rear Facing Squat with two arm rows	20	10
Switch Direction - Unhook Harness & Rehook to Front with Person Facing Rear		
Round 6 - Repeat 2 times		
Jog	20	10
Knee Push-Ups/Assisted Push-Ups (use harness to help)/Push-Ups	20	10
Round 7 - Repeat 2 times		
Jog with Punches	20	10
Plank/Plank with alternating straight leg lifts	20	10
Cool Down Jog	30	0
Cool Down High Step March	30	0
Abdominal Crunches	60	0
Standing Straight Leg Calf Stretch	60 each side	0
Standing Bent Knee Calf Stretch	60 each side	0
Standing Hamstring Stretch	60 each side	0
Kneeling Hip Flexor Stretch	60 each side	0

