**Workout #5 for today:**

You will need a backpack filled with books/cans that you can use for squats, lunges, Russian twists etc.

30 seconds work; 10 seconds rest between exercises; 3 rounds x 10 exercises.

1. Weighted squat with shoulder press

2. Russian Twists

3. Wall sits with bicep curls

4. Squat Jumps

5. Push ups

6. V-sits

7. Alternating Lunges

8. Alternating 3 touch balance

9. Toe Touches

10. Skip Rope (Or high knees if you do not have skip rope)

See you all at 6:00pm!!

Janelle