

 <p>20 Jumping Jacks</p>	 <p>20 High Knees</p>	 <p>10 Toe Touches</p>	 <p>20 Butt Kicks</p>	 <p>20 Squats</p>
 <p>40seconds Plank</p>	 <p>20 Mountain Climbers</p>	 <p>20 High Jumps</p>	 <p>1 minute Dancing</p>	 <p>20 Shoulder taps</p>
 <p>10 Burpees</p>	 <p>10 Knee Push ups</p>	<p>1 Good Deed</p>	 <p>15 Sit ups</p>	 <p>1 minute Meditation</p>
 <p>1 minute Jump rope</p>	 <p>20 seconds Crab Walk</p>	 <p>20 Star Jumps</p>	 <p>20 Lunges</p>	 <p>20 seconds Bear Walk</p>
 <p>20 High Kicks</p>	 <p>30s each side Tree pose</p>	 <p>30 seconds V-sit Hold</p>	 <p>1 minute Wall Sit</p>	 <p>30seconds Running on spot</p>