



Cookie Jar Fitness




Knee Hugs
10 secs each

Cookie Jar Fitness




Jog
1 Lap

Cookie Jar Fitness




Gallop
1 Lap

Cookie Jar Fitness




8 Crunches
Legs Up

Cookie Jar Fitness




6 Chest
Raises

Cookie Jar Fitness




12 Mountain
Climbers

Cookie Jar Fitness




Leg Stretch
10 secs each

Cookie Jar Fitness




4
Push-Ups

Cookie Jar Fitness



8 Modified
Push-Ups

Cookie Jar Fitness




20
Arm Circles

Cookie Jar Fitness




Skip
1 Lap

Cookie Jar Fitness



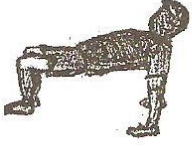
Skip
2 Laps

Cookie Jar Fitness




7
Push-Ups

Cookie Jar Fitness




Crab Walk
20 Steps

Cookie Jar Fitness




15 Jumping
Jacks

Cookie Jar Fitness




"V" Seat for
15 secs

Cookie Jar Fitness




Walk
1 Lap

Cookie Jar Fitness




20 Jumping
Jacks

Cookie Jar Fitness



Butterfly Stretch
20 secs

Cookie Jar Fitness



Quad Stretch
10 secs each